

WINNIPEG

metro®

NEWS
WORTH
SHARING.**AIR CONDITIONING**

1.5 TON 13 SEER

\$2,699* INSTALLED!CALL NOW
TO SEE IF
THIS UNIT IS
RIGHT FOR
YOUR HOME!**ONTIME** Electric • Plumbing • Heat & Air

*Plus applicable taxes. Air conditioner may not be exactly as shown. Some conditions apply.

BBB

It's time to call 204-774-1474

**ARE YOU SICK OF
ZOMBIES YET? NO?**THAT'S JUST AS WELL.
WITH WORLD WAR Z ON
THE HORIZON, THE UNDEAD
WAVE SHOWS NO SIGN
OF SLOWING

PAGE 9



FORD CHEVROLET DODGE GMC
CHRYSLER KIA TOYOTA CADILLAC

NEED A CAR
 NEED FINANCING
 NEED A GREAT DEAL

TRUCKS STARTING \$189 B/W CARS STARTING \$199 B/W
TRAILERS STARTING \$129 B/W BOATS STARTING \$199 B/W

Apply online @ 1-877-796-0505
AutoMallFinance.com

NEW & USED
GUARANTEED APPROVAL
ALL LEVELS OF CREDIT

100'S OF VEHICLES AT SALE PRICES!
**IF YOU CALLED US YESTERDAY
YOU WOULD BE DRIVING TODAY!**

AUTO MALL FINANCE 1000-1717
WAVERLEY ST. WINNIPEG, MB



True North Sports & Entertainment president and CEO Jim Ludlow, left, and Shark Club franchisee Darin Amies at the front entrance of Winnipeg's new Shark Club gaming centre in Cityplace. For more pictures, see metronews.ca/winnipeg. SHANE GIBSON/METRO

Casino is up and running downtown

Shark Club. Gaming centre turns into casual nightclub on weekend nights

SHANE
GIBSON

shane.gibson@metronews.ca

The city's newest casino is open for business in downtown Winnipeg.

While Shark Club actually opened its doors on the second floor of Cityplace over the weekend — just in time for the crowds brought downtown for UFC — the club held a grand opening Tuesday morning for media to take a look around.

"Winnipeg's downtown is undergoing an exceptional renaissance," said True North's

president and CEO Jim Ludlow. "We think being here makes a bunch of sense for our expanding asset pool in sports hospitality and entertainment."

The club is owned by True North Sports & Entertainment, but Manitoba Lotteries Corporation runs the gambling operations, and Shark Clubs of Canada takes care of the food and drink end of things, said Ludlow.

The swanky 17,000 square-foot club is licensed for 500 and, as well as 140 slot machines and six blackjack and poker tables, there's a restaurant and bar, a private dining room, and no less than 57 HD TVs.

The club's opening comes as a number of developments are planned in the area, known as the Sports, Hospital-

Banking on gaming

The gaming centre's slot machines are allocated to True North by the Province of Manitoba, and Ludlow said the company expects the machines to bring in \$5.5 million a year.

ity and Entertainment District (SHED), and CentreVenture president and CEO Ross McGowan said the business fits right into the area's new vision.

"Over the next several years, we'll see over \$1.2 billion invested in this area of our downtown," he said. "It's businesses such as the Shark Club ... that will create a hub of dining and entertainment options for everyone."

DON'T WAIT TO SEE.

Get LASIK today, take 5 years to pay.



Starting at just
\$490 per eye*
5-year financing
\$0 down†

Book a free consultation at
1-855-894-2020 or lasikmd.com

LASIK MD
VISION

*Prices are subject to change without notice and vary based on prescription strength. †Applies to a procedure for both eyes only. Other conditions may apply. ‡Subject to Desardins Card Services Credit approval. Interest financing starting at 6.9% over 60 months.

Councillor pitches 'grand central station' at IGF

Investors Group Field.

Coun. Dan Vandal says a bus-only station would ease traffic woes, while Winnipeg Transit seems open to the idea



BERNICE

PONTANILLA

bernice.pontanilla@metronews.ca

A city councillor is asking Winnipeg Transit to look at the possibility of building a bus-only "grand central station" at Investors Group Field through the now-defunct Southwood golf course by the University of Manitoba.

Coun. Dan Vandal (St. Boniface) put forward a motion during Tuesday's infrastructure renewal and public works committee meeting adding this idea to the "functional design study" already underway for the second phase of rapid transit.

Vandal's motion is in response to the traffic woes that plagued the Winnipeg Blue Bombers game last Wednesday, where vehicles and buses were caught in bottlenecks that caused thousands to arrive late for the game.

"It's become apparent that transit and access to the new

stadium is going to be an issue," said Vandal, who added after the meeting that this "grand central station" could be constructed even before the rest of the corridor.

Transit director Dave Wardrop said his department would look into this idea, calling it an inventive way to "provide enhanced service to the stadium."

Meanwhile, the committee also backed a report calling for the addition of the equivalent of six full-time positions to transit's Foot Patrol platoon, at a cost of \$233,800 in 2014, and \$531,600 in 2015, with a two per cent increase factored in for the subsequent years. However, the provincial government is expected to chip in half of the costs.

Tim Bahry, a bus driver who is also assistant chief union steward for the Amalgamated Transit Union, said most disputes start with people who don't pay full fares, yet still want a transfer.

"Some kind of an effort is better than no effort," he said about the added patrols.

St. Vital Coun. Brian Mayes, who has been actively lobbying for improvements to bus safety for drivers and passengers, said it's a "good first step."

The committee voted to refer the report to the 2014 budget process.



Coun. Dan Vandal believes a "grand central station" at IGF would help ease the kind of congestion fans experienced during the Bombers' pre-season game last week. BERNICE PONTANILLA/METRO

City may replace trash, recycling carts for free



Councillors argue the city should cover the replacement costs for stolen or damaged garbage and recycling carts.

BERNICE PONTANILLA/METRO

Assiniboine Park

Zoo getting \$5.5M new entrance

The Assiniboine Park Zoo is getting a new entrance in addition to all the new attractions slated to open over the next two years.

Ground was broken today for the new entrance, which will be a 11,410 sq. ft. multi-purpose facil-

Making people who've had their garbage and recycling carts stolen or damaged in an accident pay for their replacement is like robbing them again, said Coun. Harvey Smith.

The municipal representative for Daniel McIntyre made this comment during Tuesday's infrastructure renewal and public works committee meeting, where

he spoke in support of his motion calling for the city to cover the replacement costs through the money they've already collected from citizens.

"The fact is, we charge them \$90 for replacement of the cart and they had no say whatsoever," added Smith.

"It seems to me incred-ible that someone damages their cart or robs their cart,

and then we rob them, a second time."

Coun. Ross Eadie (Mynarski), who seconded Smith's motion, said he's done the math and believes the cost would be 45 cents from the \$50 the city collected from property owners for the garbage and recycling program, which is paid annually.

Eadie estimates the total cost would be \$85,000.

"Everybody is already paying the \$50, why can't we use a small portion of that \$50 — 45 cents — and just replace these (carts)," added Eadie after he addressed the councillors on the committee.

The committee referred the motion to the city's administration for a report back.

BERNICE PONTANILLA/METRO

Prized Métis bell

Bell of Batoche should return to church: Councillor

The prized bell for the Métis community should return to its Saskatchewan church, but if that isn't possible, Winnipeg could provide a good home, said St. Boniface Coun. Dan Vandal.

Vandal made his comments in response to reports of a media event being held by the Union Nationale Métisse Saint-Joseph du Manitoba on Friday, where it is expected information on the bell of Batoche will be made public.

"Certainly they (the church) get first priority to get it back, where it rightfully belongs," said Vandal.

The bell of Batoche, made of silver and weighing 20

pounds, was taken from a church in Batoche, Sask., as a war trophy to Millbrook, Ont., after the North West Rebellion in 1885, which was led by the father of Manitoba, Louis Riel.

It disappeared from a Canadian Legion hall in 1991 and though there have been rumours about its location in the years since, nothing had been confirmed.

BERNICE PONTANILLA/METRO

ity built just east of the current zoo entrance on Roblin Boulevard, said the Assiniboine Park Conservancy in a press release.

"Not only will the new entrance accommodate the growing zoo, it will welcome our visitors."

The new entrance will cost \$5.5 million and is part of the conservancy's Imagine a Place campaign.

ELISHA DACEY/METRO

Singer with soul. Bet on Bettye LaVette to give a powerful performance

Bettye LaVette doesn't do covers; she does "interpretations."

A seldom-songwriter, the 67-year-old American soul singer puts her own spin on pre-existing songs, her powerhouse voice taking them to new places.

"I'm somebody else so I sound different (than the original artist) and I feel different about the song. I don't fall in love with the artist; I fall in love with the song," said LaVette, who recorded her first single, *My Man — He's a Lovin' Man* at age 16.

Take her interpretation of *The Who's Love, Reign o'er Me.*

LaVette performed the song at the 2008 Kennedy Centre Honours to an absolutely amazed Roger Daltrey and Pete Townsend.

"I'm married to an Irish man who grew up listening to *The Who* but I had never heard the song in my life until a week before," LaVette says. "Anytime I get a chance to make a (man like) Pete Townsend cry and have my husband see it, I love it."



Bettye LaVette
METRO/HANDOUT

LaVette says the greatest compliment she ever received was from The Moody Blues frontman Justin Hayward after he heard her interpretation of *Nights in White Satin*.

LaVette plays the Burton Cummings Theatre on Wednesday as part of the Winnipeg International Jazz Festival. Vancouver gospel trio The Sojourners opens. Tickets are \$42 and \$33.50 at Ticketmaster. Showtime is 7:30 p.m.

JARED STORY/FOR METRO

Priest sex trial. Testimony from two brothers to be jointly considered in case

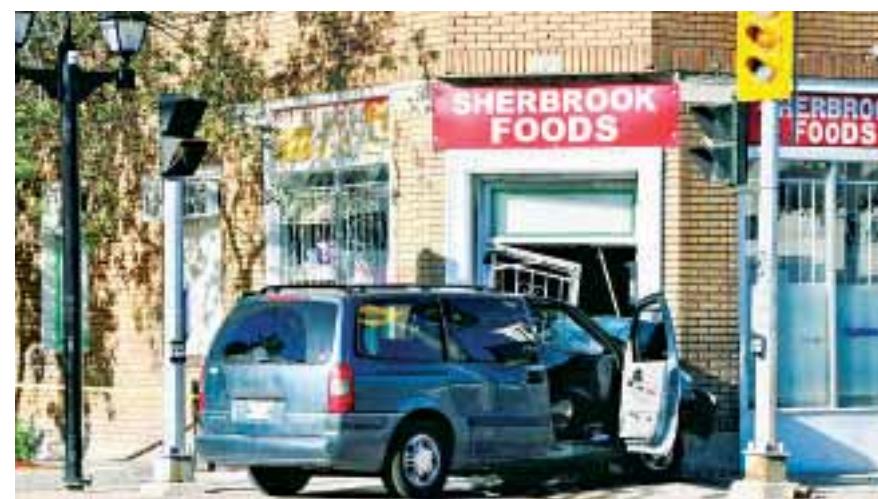
Two brothers who say they were sexually abused by an Orthodox priest in Winnipeg will have their testimony considered jointly.

The decision was made by Court of Queen's Bench Justice Christopher Mainella in the trial of Seraphim Storheim.

Storheim's defence lawyer had argued each brother's testimony should not be used to bolster the other's claim.

The judge ruled each brother's testimony is important in determining whether sexual abuse occurred.

THE CANADIAN PRESS



Car slams into grocery store

A 35-year-old woman and two girls, both 3, were taken to hospital in critical condition after the van they were in smashed into Sherbrook Foods on Ellice Avenue and Sherbrook Street at about 5:30 a.m. Tuesday. The driver and one of the girls was later upgraded to stable condition. There was no immediate word on what caused the crash, police said. ELSA DACEY/METRO

Skeeters take to Winnipeg skies

Get swattin' The worst of first batch is behind us, but weather to decide how bad it gets



SHANE GIBSON
shane.gibson@metronews.ca

The city's insect control branch confirmed Tuesday what most Winnipeggers found out last weekend — mosquito season is upon us.

The good news is city insect expert Taz Stuart figures the numbers of the first emergence of adult mosquitoes that took flight in the last few days has hit its peak.

But how long the first batch stays in the skies and how

bad the next generation currently in bodies of water in and around Winnipeg will be depends on the weather.

"The generation that's out right now will probably be around for the next week or two if it still stays hot and dry, but if it gets more humid and (it) cools down they'll live a lot longer," explained Stuart. "But a big key part is we're drying up after two and a half weeks ago ... no water equals no mosquitoes."

Tuesday's citywide New Jersey Light Trap mosquito count was 15, giving the city the go-ahead to start residual treatments with permethrin, an environmentally-friendly product made from chrysanthemum flowers.

"We're spraying the long grasses, trees and bushes



Winnipeg bug expert Taz Stuart
SHANE GIBSON/METRO

where adult mosquitoes rest during the day," said Stuart. "And we've (been) hitting those areas where there's been emergencies in public property

Fogging buffer zone

To apply for a fogging buffer zone around your home, send an email to 311@winnipeg.ca.

like Assiniboine Park, St. Vital Park and King's Park."

Fogging, another method of eliminating mosquitoes, won't happen in the city unless average trap counts hit 25 for two straight days with at least one quadrant averaging 100 or more of the bloodsuckers.

If fogging is required at all this year, the city will test a new biological fog called Pyrocide, which is made from flowers and may replace Malathion in the future if it shows results.



Applied Counselling Certificate

Register now to start August 26, 2013.

Gain an understanding of basic counseling theory and develop skills to provide support to counselors in areas that include general counselling, cross-cultural communication, family and youth issues.

rrc.ca/apc

Reach beyond with Continuing Education

204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/coned



RED RIVER COLLEGE

Debate on Syria went better than expected, Harper says

Summit. But the final G8 statement remains non-committal on Assad, use of chemical weapons

The Group of Eight stopped short of calling for the ouster of Syrian President Bashar Assad in its final statement on Tuesday but did call for a swift end to the bloody civil war and urgent peace talks.

Despite a lack of consensus

Shaky agreement

"We have ... a much better outcome than I thought we were going to have. We don't have, as I said, G7 plus one."

Prime Minister Stephen Harper, referring to Russia's dissenting opinion on Syria.

Spies and allies

Canada may have helped spy on G20

Leaked documents suggest Canada helped the U.S. and Britain spy on the London G20 summit four years ago.

Britain's *Guardian* newspaper says spies monitored the computers and intercepted the phone calls of foreign politicians and officials at two G20 meetings in London in 2009.

The *Guardian* published PowerPoint slides describing the operation, including one

sus among the G8, Prime Minister Stephen Harper said the outcome was better than expected.

Harper also spoke about Russian President Vladimir Putin in more positive terms than he has at any other point during his week-long trip to Europe, when he accused Putin of siding with "thugs."

Tensions have escalated over the past week since the U.S. announced it would supply weapons to the Syrian opposition after it found proof the Assad regime attacked its foes with chemical weapons.

Russia — the only member of the G8 that supports the Assad government — has been highly critical of the move. The Russians also assert that the claims about chemical weapons are based on flimsy evidence.

The rest of the G8 is split

featuring the emblem of the Communications Security Establishment, Canada's electronic eavesdropping agency.

It appears alongside the logos of key allies — the U.S. National Security Agency and Britain's Government Communications Headquarters — as well as an icon labelled Joint Apps.

The documents were leaked by former NSA contractor Edward Snowden, who has touched off a vigorous global discussion about state surveillance.

THE CANADIAN PRESS

Consensus

While the G8 is split over Syria, there were agreements in other areas.

- They pledged to stop making ransom payments to terrorist kidnappers and to take action to combat hidden company ownership.

over whether the U.S. should arm the rebels, but generally agrees that Assad must go.

The final G8 statement on Syria sought the middle ground. It condemned any use of chemical weapons without admitting any attacks actually happened. It also called for some sort of transitional government, without explicitly calling for Assad's ouster.

THE CANADIAN PRESS



Stephen Harper and U.S. President Barack Obama chat Tuesday as they stroll at the Lough Erne resort in Northern Ireland. The prime minister said their talk touched on the Keystone XL pipeline. ADRIAN WYLD/THE CANADIAN PRESS

Senate cancels pep talk on scandal

Outrage

"It's a comedy of errors what's going on here in the lack of consultation. We're talking taxpayers' money and this wouldn't come cheap."

Liberal Sen. Jim Munson, a member of the internal economy committee

Two speakers hired by the Senate to help motivate senators and staff in the midst of a raging scandal over the abuse of taxpayers' money have had their event cancelled, pending further discussion.

Communications consultant Barry McLoughlin and motivational speaker Marc-Andre Morel had been slated to talk about "the enduring value of the Senate and help bring a little perspective to the current situation," ac-

cording to an invitation that went out Tuesday morning.

But after a story by The Canadian Press publicized the event, a number of prominent senators blew a gasket. Marjory LeBreton, govern-

ment leader in the Senate, said the idea was discussed in principle at a meeting of the internal economy committee's steering committee. But it was never approved by members of the committee.

"I was shocked when I saw that (email)," LeBreton said outside the Senate chamber.

Asked if she thinks hiring speakers is a waste of money, LeBreton responded: "At this point in time, I certainly do."

It was not immediately clear how much the Senate contracted to pay for the speakers.

The talks had been scheduled for Wednesday afternoon — when the Senate is supposed to be sitting.

THE CANADIAN PRESS

PLAY IT!

PORTAGE PLACE GIFT CARDS

AVAILABLE AT PORTAGE PLACE
FROM CUSTOMER SERVICE

PORTAGE
PLACE

PORTAGEPLACE.MB.CA

Another Montreal mayor bids adieu amid scandal

Resignation. Vote at city council next week expected to decide replacement until November election

Montreal has had its second scandal-provoked mayoral resignation in less than a year, with an arrest and criminal charges leading to the departure on Tuesday of its interim city-hall boss.

Replacement mayor Michael Applebaum stepped down a day after he was slapped with 14 criminal charges.

He made the announcement in a two-minute statement at city hall. He did not take questions. Applebaum said he's innocent of the charges against him and will work to prove his innocence.

"I will do everything I can to prove the accusations against me are unfounded," Applebaum said.

He said he hoped someday to regain Montrealers' trust. He conceded that, in the meantime, it would have been implausible to try to continue as mayor.

In making that direct appeal to residents, Applebaum committed a quintessentially Montreal linguistic flub, mixing English and French terms with unintended consequences.

"I would like to tell Montrealers that I love them," he



Montreal Mayor Michael Applebaum announces his resignation at a news conference on Tuesday. PAUL CHIASSON/THE CANADIAN PRESS

Quoted

"I hope you understand that I will put my energy into my defence and my family. This is why I am resigning as mayor of Montreal. It is the responsible thing to do."

Michael Applebaum

began. "I understand their frustration, their deception and their cynicism with the political climate of the last few years."

The word "deception" has an entirely different meaning in French. In the local franglais patois, however, even native English-speakers such as Applebaum will sometimes use the term incorrect-

ly when they actually mean to say "disappointment."

The mistake was not without irony.

Applebaum spent much of his statement combating the notion that he had deceived Montrealers. Seven months after he took office on a promise to fight corruption, Applebaum insisted he had never participated in illegal schemes and said he had achieved successes in cleaning up city hall.

The charges against him stemmed from alleged acts that occurred from 2006 to 2011, before he became mayor. While police offered few details, they said the charges related to real-estate projects in the west-end borough Applebaum led.

Police said they believe bribes were paid to influence zoning and permit decisions.

THE CANADIAN PRESS

Photo fallout

Lawson's husband admits assault

Prominent British art collector Charles Saatchi has admitted assault and accepted a police caution after published photos showed him grasping the throat of his wife, celebrity chef Nigella Lawson.

In Tuesday's editions, the London Evening Standard newspaper quoted him as saying that he had approached police to discuss the June 9 incident after seeking legal advice.

"Although Nigella made no complaint I volunteered to go to Charing Cross (police) station and take a police cau-



A photo published in U.K. tabloids showing Nigella Lawson having her throat grabbed by her husband.

months," he told the newspaper.

Under British law, a caution is a formal warning given to someone who admits the offence. It carries no penalty.

THE ASSOCIATED PRESS

Terrorism

U.S. surveillance halted NYSE attack: Officials

The U.S. foiled a plot to bomb the New York Stock Exchange because of the sweeping surveillance programs at the heart of a debate over national security and personal privacy, officials said Tuesday at a rare open hearing on intelligence led by lawmakers sympathetic to the spying.

The House Intelligence Committee hearing provided a venue for officials to defend the once-secret programs.

Knox acquittal neglected evidence, high court says

Italy's high court on Tuesday harshly faulted the appeals court that acquitted American student Amanda Knox of murdering her roommate, saying its ruling was full of "deficiencies, contradictions and illogical" conclusions. It ordered a new appeals court to consider all the evidence to determine whether Knox helped kill the young woman.

In March, the Court of Cassation overturned Knox's acquittal in the 2007 murder of British roommate Meredith Kercher, 21, and ordered a new trial. On Tuesday, the high court issued its written reasoning for doing so.

The 74-page document picked apart the 2011 appeals-court decision that freed Knox, faulting the judges for ignoring some evidence, considering other evidence insufficiently and undervaluing the fact that Knox had initially accused a man of committing the crime who had nothing to do with it.

At one point, the high court

Uncertainty ahead

- Knox left Italy a free woman after her 2011 acquittal, having served nearly four years of a 26-year prison sentence. Now a University of Washington student in Seattle, she has called the reversal by the Cassation court "painful" but said she was confident she would be exonerated in the new appeals.
- No date for the new trial has been set.

room of the house she shared with Knox in Perugia, a central Italian town popular with foreign exchange students. Her throat had been slashed.

Knox, now 25, and her Italian ex-boyfriend, Raffaele Sollecito, 29, were initially convicted of the crime. A Perugia appeals court acquitted them in 2011, criticizing virtually the entire case mounted by prosecutors. The appellate court noted that the murder weapon was never found, DNA tests were faulty and prosecutors provided no murder motive.

Both Knox and Sollecito denied any involvement, saying they weren't in the apartment at the time. But they acknowledged they had smoked marijuana and their memories were clouded.

A young man from Ivory Coast, Rudy Guede, was convicted of the slaying in a separate proceeding and is serving a 16-year sentence.

In the Cassation ruling, the high-court judges sharply criticized the appeals-court ruling for not taking into account the sentence against Guede, which said he hadn't acted alone.

They said the new appeal process would serve to "not only demonstrate the presence of the two suspects in the place of the crime, but to possibly outline the subjective position of Guede's accomplices." They said hypotheses ran from a simple case of forced sex involving Kercher "to a group erotic game that blew up and went out of control."

THE ASSOCIATED PRESS

JEWISH FOUNDATION OF MANITOBA

2013 WOMEN'S ENDOWMENT FUND GRANT APPLICATION DEADLINE

TUESDAY, OCTOBER 15

Women Helping Women

The Women's Endowment Fund at the Jewish Foundation of Manitoba supports innovative programs designed to improve the lives of Manitoba women of all backgrounds.

Since 1994, the Fund has distributed almost \$400,000 to 71 organizations.

To see if your organization or project qualifies for a grant, visit www.jewishfoundation.org/womensendow.html.

The Women's Endowment Fund welcomes grant applications twice a year. The spring deadline is March 1, 2014.



JEWISH FOUNDATION
OF MANITOBA
Today. Tomorrow. Forever.



Year in hiding: Assange's life in a single room

Stalemate. Britain has spent nearly \$5M in policing costs, and it still won't grant WikiLeaks boss a safe passage out

 **KIERON MONKS**
Metro World News in London

Inside the gold-framed double doors, the Ecuadorian Embassy of London is a modest apartment with white-painted walls and simple furniture. Not the most fitting residence for a world famous hero, or villain.

But since June 19, 2012, WikiLeaks boss Julian Assange has gone from pioneer to captive, forced into hiding to avoid extradition to Sweden where possible charges on sexual assault await him. The Australian will be arrested if he steps outside the building, so the jet-set lifestyle has been replaced by a single room and his laptop.

DVD box sets of *The Twilight Zone* and *The West Wing* keep him company, and an ultraviolet lamp replaces daylight. Assange lives nocturnally according to reports, working until dawn, supported by heavy doses of caffeine.

The 41-year-old has not been forgotten, judging from the crowds outside his window shouting "freedom fighter," and the fact that his generous hosts that have granted him asylum and allowed him to cramp their workplace. Further, celebrity guests from Lady Gaga to Oliver Stone



A general view of the Ecuadorian Embassy in Knightsbridge on Monday in London. Ecuadorian Foreign Minister Ricardo Patino has stated that WikiLeaks founder Julian Assange is prepared to continue to seek asylum in the Embassy for another five years if necessary, after talks with his U.K. counterpart William Hague failed to progress.

have visited, with British filmmaker Ken Loach donating a treadmill on which the captive runs miles each day.

"He's very robust and seems in good health," friend, visitor and restaurateur Vaughan Smith told Metro, adding that Assange "gets along well with the staff." However, an embassy source confirmed that the experience has been "difficult."

Yet confinement has been put to good use according to acting WikiLeaks chief Kristin Hrafnsdóttir. "The time he saves not travelling is devoted to work and he gets a lot done," Hrafnsdóttir said. "We

Quoted

"He's very robust and seems in good health ... (Assange) gets along well with the staff."

Assange's friend, visitor and restaurateur Vaughan Smith

have had to move the staff around to cover this, but the material is still coming out and our work has not been badly affected."

This previously-quiet corner of London has been impacted, however, with a 24-hour police presence that

has cost more than £3 million (about \$4.7 million) to date. "Most of us are bemused and don't know why he is being protected, and why we are spending so much," local resident Karen Morgan-Thomas told Metro, adding that constant protests have been an irritation.

Yet despite the situation attracting ridicule, it could last "another five years" according to Ecuador's foreign minister Ricardo Patino, with no diplomatic solution in sight.

Plenty more miles on the treadmill await the lord of leaks.

Angkor Wat complex

Ancient city found in Cambodia

Airborne laser technology has uncovered a network of roadways and canals, illustrating a bustling ancient city linking Cambodia's famed Angkor Wat temple complex.

The discovery was announced late Monday in a peer-reviewed paper released early by the journal *Proceedings of the National Academy of Sciences*. The laser scanning revealed a previously undocumented,

formally planned urban landscape integrating the 1,200-year-old temples.

The Angkor temple complex, Cambodia's top tourist destination, was constructed in the 12th century during the mighty Khmer empire. Angkor Wat is a point of deep pride for Cambodians, appearing on the national flag.

Archaeologists had long suspected that the city of Mahendraparvata lay hidden beneath dense vegetation atop Phnom Kulen mountain in Siem Reap province. **THE ASSOCIATED PRESS**

Nazi war crimes

Hungary charges ex-Canadian citizen

Hungarian prosecutors on Tuesday charged a 98-year-old former police officer, who was stripped of his Canadian citizenship, with torturing Jews and assisting in their deportation to Nazi death camps.

Laszlo Csاتáry, who lived for years in Montreal, was chief of an internment camp for 12,000 Jews at a brick factory in Kosice — a Slovak city then part of Hungary — in May 1944,

they said. He is accused of beating and whipping his victims, and of refusing to allow ventilation holes to be cut into the walls of a railcar crammed with 80 Jews being deported.

Csاتáry was initially convicted in absentia for war crimes in Slovakia in 1948 and sentenced to death. He arrived in Halifax the following year, became a Canadian citizen in 1955.

In 1997, Csاتáry quietly left Canada as authorities prepared to serve him notice of a deportation. **THE ASSOCIATED PRESS**

Turkey. 'Standing man' inspires protesters to replicate silent defiance

After weeks of sometimes violent confrontation with police, protesters in Turkey have found what could be a more potent form of resistance: Standing still.

The trend was launched by performance artist Erdem Gunduz, who stood silently for hours in Istanbul's central Taksim Square on Monday night, in passive defiance of Prime Minister Recep Tayyip Erdogan's violent crackdown on environmental protesters.

Gunduz made no announcement before he paused Monday evening in the square and didn't move. He stood with his hands in his pockets, staring at an image of Turkey's founding father Mustafa Kemal Ataturk, whose admiration is rooted in his success in imposing secular values on a largely Muslim nation 90 years ago.

When police arrived an hour later, they searched his pockets and his backpack, then left.

Witnesses began calling him "duran adam" — "standing man." Some joined him in Taksim, while others began doing the same in other Turkish cities. In Ankara, the capital, a woman stood still at the spot

Swift effect

Erdem Gunduz's act, amplified by social media, had a remarkably swift effect on the protests in Turkey.

- Prime Minister Recep Tayyip Erdogan appeared to be seizing the initiative after the government capitalized on sporadic violence to crack down on protesters.

- Gunduz's act of non-violence could be harder to deal with, as it could pressure the government to arrest or disperse people who are doing nothing more than standing still.

where a protester had been killed.

Early Tuesday morning, police intervened and dispersed the crowd around Gunduz, detaining several protesters. It wasn't clear whether Gunduz was among those arrested, though he was free later Tuesday. Later Tuesday, others returned and began silent vigils.

THE ASSOCIATED PRESS



Erdem Gunduz, seen to the far left wearing a white shirt, and dozens of people stand silently on Taksim Square in Istanbul, early Tuesday. After weeks of sometimes violent confrontation with police, Turkish protesters are using a new form of resistance: Standing silently. **THE ASSOCIATED PRESS**

Same-sex unions

Russia on brink of ban on adoptions

Russia is on its way to sharply limiting the adoption of children by people from countries that allow same-sex marriage.

Under a measure that passed its second reading in the lower house of parliament Tuesday, Russia will prohibit adoption by foreign couples whose homeland recognizes their same-sex union as marriage, as well as by single people or unmarried couples from

those countries.

The lower house voted for the bill unanimously. After a third and final reading that is largely a formality, it must still be passed by the upper house, which is little more than a rubber-stamp body. Then it would go for signing to President Vladimir Putin, who has already expressed support for the ban.

The measure is the latest move by Russia to buck the Western trend toward greater acceptance of homosexuality.

THE ASSOCIATED PRESS

Market Minute

 DOLLAR
97.94¢ (-0.32¢)

 TSX
12,367.46 (+78.56)

 OIL
\$98.44 US (+67¢)

 GOLD
\$1,366.90 US (-\$16.20)

Natural gas: \$3.90 US (+2¢)
Dow Jones: 15,318.23 (+138.38)

Canadian victory

U.S. court upholds vibrator patent

The U.S. International Trade Commission has upheld a Canadian company's patent for its couples vibrator, banning the import, sale and marketing of all infringing products in the U.S.

But the battle isn't over for Standard Innovation Corp., maker of the We-Vibe. The company is still before the Canadian Federal Court for patent infringement.

Standard Innovation launched the We-Vibe, a vibrator that couples wear during sex, in 2008. In 2011, Lelo Inc. unveiled a similar product called the Tiani, prompting Standard to go to court. **THE CANADIAN PRESS**

Profitability push

Hedge fund ups Tim Hortons stake

A New-York based hedge fund is putting pressure on Tim Hortons to make changes to boost profitability just months after the restaurant chain saw similar requests from another U.S. investor.

Scout Capital Management has upped its ownership stake in the chain to 5.5 per cent, according to documents filed Monday with the U.S. Securities and Exchange Commission.

THE CANADIAN PRESS

Oil spills

Feds raise offshore liability cap

Ottawa will introduce legislation this fall to raise the liability cap for drilling and production companies operating in Atlantic Canada's offshore to \$1 billion, up from the current \$30 million. **THE CANADIAN PRESS**

Research. Team develops 'sharp-shooter' drug aimed at several cancers

A team of Canadian and U.S. researchers has developed a new "sharp-shooter" drug they hope may be a breakthrough in treating several types of aggressive cancer.

The drug, known for now as CFI-400945, is a new class of cancer agent that targets an enzyme involved in some malignancies, among them some types of breast cancer and ovarian, colorectal, pancreatic and prostate cancers.

In tests on specially bred lab mice with human breast and ovarian cancers, CFI-400945 "responded spectacularly," significantly shrinking the tumours, said co-principal investigator Dr. Tak Mak of Princess Margaret Cancer Centre.

But the world-renowned researcher cautioned these results occurred in mice — and human cancers can be far more complex.

"To find a cure is our shared dream; our nightmare is that it is not yet within our reach," Mak told a packed news conference at the Toronto hospital



Dr. Tak Mak **THE CANADIAN PRESS**

Tuesday. "Cure is not a word we like to use lightly and we refuse to use it recklessly or promise you something we cannot deliver."

Still, he and principal collaborator Dr. Dennis Slamon of the University of California at Los Angeles, who developed the blockbuster breast cancer medication Herceptin, are excited about the promise of the new drug that's taken a decade to develop. **THE CANADIAN PRESS**

Health. Starbucks posts calorie counts at its U.S. stores ahead of new law

Starbucks has a new way to wake up its customers: showing the calories in its drinks.

The Seattle-based coffee chain says it will start posting calorie counts on menu boards across the U.S. next week, ahead of a federal regulation that would require it to do so.

Calorie counts on menus are already required in some parts of the country, including New York City.

But starting June 25, Starbucks Corp. says customers at its more than 11,000 U.S. locations will be able to see that there are 300 calories in a small caramel Frappuccino and 230 calories in a small Iced Caffe Mocha.

Pastry cases will also show calorie information. Starbucks Canada is not following suit at this time.

The move comes as the Food and Drug Administration irons out

More online

- Canadian customers can find calorie counts for Starbucks items at starbucks.ca/menu/nutrition-info

the details of a regulation that would require companies with more than 20 locations to post calorie information on their menus.

Other chains including McDonald's Corp. have also moved ahead with posting the information, saying they're providing it to be more transparent rather than because they're being forced to.

While a few national chains already put calorie information on their menus, a "large majority" are waiting for the FDA to issue its final guidelines, according to a spokeswoman for the National Restaurant Association. **THE ASSOCIATED PRESS**



EU slams Canada for holding up free-trade talks

Northern Ireland.

Pressure mounts as U.S. starts negotiations for own deal with EU

Canada has publicly been called on the carpet by the European Union for holding up free-trade talks. EU trade spokesman John Clancy took the unusual step Tuesday of criticizing Canada as the G8 summit in Northern Ireland came to a close.

"We are very close to an agreement," Clancy said in a statement. "The EU has shown pragmatism and flexibility and is ready to take the last steps to achieve a political breakthrough in the negotiations."

"We have been awaiting a similar message from Canada

What's the beef?

- Among the issues believed to be stalling the talks is duty-free access to European markets for Canadian beef.

- Ireland and France, two major beef producers, are believed to have concerns about the amount of Canadian beef allowed into Europe. Canada is said to have balked at the export limit proposed by the Europeans.



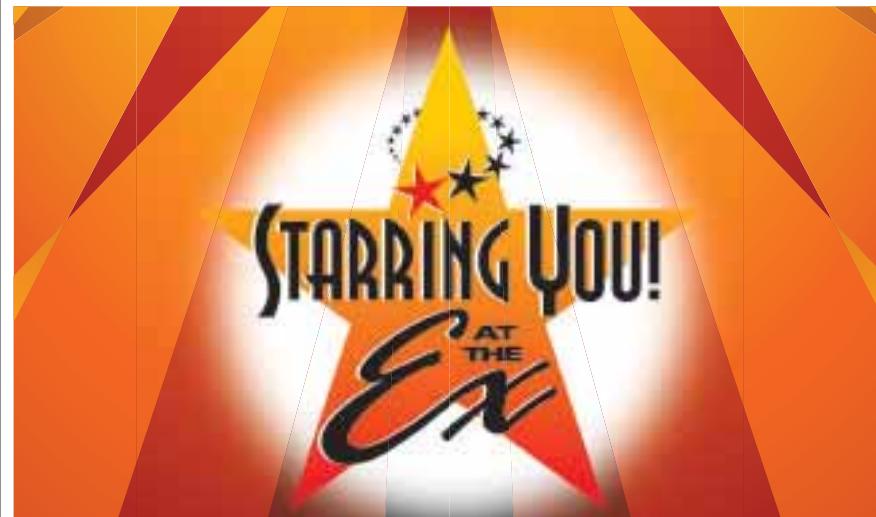
Should she be allowed into the EU duty-free? **THE CANADIAN PRESS**

since the trade and agriculture ministers met in Ottawa in early February.

Cranking up the pressure on Canadian negotiators is Monday's announcement that the European Union and the

United States are starting their own free-trade talks.

Some have suggested the European negotiators will now turn their attention to the Americans and give short shrift to Canada. **THE CANADIAN PRESS**



SEE TOMORROW'S STARS SHINE
ON SUNDAY, JUNE 23
FROM 10:30 A.M. TO 12:30 P.M.

Brought to you by

metro



Use this QR Code
to find out who's
performing from
your community.

redriverex.com

June 14-23, 2013



HERE'S A TIP: DON'T EXPECT ONE?

OK, I have a cat here. And I'm going to place it gently among the pigeons, then back away:

Should tipping be banned?

A popular high-end New York restaurant called Sushi Yasuda thinks so, and has done exactly that. Servers are forced to live on their salaries. They also get, like, benefits.

The restaurant's owner says the tipping ban ends the bile-inducing requirement to calculate the tip at the end of the meal, recapturing the serenity of fine Japanese dining.

Just so, grasshopper.

This isn't a trend exactly, but there's also a bit of an outbreak in Chicago where in some restaurants, you pay for the meal before you even begin. Careful not to choke on the appetizer.



JUST SAYIN'
Paul Sullivan
metrone.ca

Right now, there are overworked and underpaid servers everywhere going WTF? This subject is not even open to negotiation.

Then, just as likely, there are customers who are wondering when the practice of tipping became an obligation under the Geneva Convention, or wherever they issue those must-be-obeyed decrees.

There's even less room to weasel out of tipping these days. Now, the server hovers (anxious, vigilant) over your shoulder as you pay the bill on that portable Wi-Fi Visa machine with its handy tip percentage buttons. I don't know about you, but unless the waiter flambés my dinner companion, I dutifully press the 20 per cent button.

And if he/she does toast my guest, I only leave 15 per cent. You have to take a stand somewhere.

Back in the old days, if you were abandoned altogether

somewhere between courses, you could slide a penny under your dish and make your getaway, smug in the knowledge that you failed to put some kid through drama school. But there's no penny button on that infernal machine.

At the New York sushi restaurant, people were so brainwashed that they tried to write in a tip on the bill, even though there was no place to accommodate one. They just didn't get it, until the owners started red-circling the explanation about the tipping ban. Then they got it, and unless they were married to the server, they liked it.

I don't know about a ban, but it might not be a bad idea to restore the idea of the tip as an expression of appreciation for good service. Don't ban tipping; ban the obligation to tip.

Of course, now I've done it. I'll have to eat at home until the heat dies down. Maybe, just to be safe, I'll hire a food taster. Problem is, I'll have to leave a generous tip. Nobody wants an unhappy food taster.

ZOOM

Hi sea lion, nice to 'meat' you



PABLO CERSOSIMO/SOLENT

Pup's close call with killer whale

This fortunate sea lion escaped the jaws of death by a few centimetres after a pod of killer whales (orca) risked beaching themselves while in pursuit of their prey.

The South American sea lion pup and others encountered the predatory mammals as they cruised along the coast of Valdes Peninsula in Argentina. METRO

Q and A

Near-death life lesson



PABLO CERSOSIMO
Professional photographer and safari guide, 44, from Buenos Aires, Argentina

It looks like this sea lion is doomed...

This seal survived but others were not so fortunate. But in truth, pups need a couple of

these bad experiences to learn that orcas are predators and that they will be part of their menu. When pups are one month old, they start venturing out into the water and at that stage they don't know what an orca is. They don't associate these whales with danger and often stay in the water when the predators show up. It's a life lesson for the pup.

In these hunter-versus-the-hunted scenarios, do you sympathize with one critter over another? No, I sympathize with both. The orca is one of my favourite animals — it's smart, intelligent and with many respects similar to humans. And I admire the sea lions for their ability to survive against this magnificent predator.

Clickbait

HANNAH ZITNER

hannah.zitner@metrone.ca

The value of a good night's sleep has been drilled in our heads since bedtime was at sunset — but knowing to go to bed early is different than falling asleep early. For those who need more than sheep counting, gentle ocean sounds or three fingers of Scotch to help catch some zzzz's, technology is on your side. Pull down the blackout blinds, fluff the pillows and get in bed ... with your phone.

Sleep Time

Pictured at right, this app tracks the time you go to bed, length of deep and light sleep, and eases you into the day with a soothing crescendo alarm that goes off when you're in the lightest phase of sleep. iOS and Android.

Sleep Cycle

Similar to Sleep Time, but for the \$0.99 charge you get a "personal notes" section to track your pre-sleep habits



(did a 10-kilometre run before bed, ate spicy food for dinner, had a few drinks, etc., etc.). Plus, the app runs in the background so you can cruise Facebook in bed without remembering to reset the alarm. iOS only.

SleepBot

Not only does this free app track your sleep, it also records the noises you make in your sleep (and therefore proving once and for all that you don't snore). Android only.

Twitter



@metropicks asked: An expert says women study harder to instinctively prepare for single motherhood. Do you agree?

@mswitcherxo: Sad but true! Once upon a time my grandfather worked & took care of 9 kids! Now, can't even get a man to take care of 1!

@mswitcherxo: partying & hanging

out with friends make men learn social norms and men know instinctively that social skills >>>studying in real life

@VancityBakeShop: wonder how many of those polled actually ended up as single mothers vs. those who had support from their partner

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metrone.ca

Brainless entertainment has zombies taking over the world

World War Z.

Filmmakers continue to capitalize by making corpses cool for the next generation of little guys and ghouls, who, in turn, eat it up



IN FOCUS
Richard Crouse
scene@metronews.ca

Zombies are the most recent and most unlikely pop culture heroes.

On TV, the recent Walking Dead finale drew almost 13 million viewers.

At the movies the zom-com Warm Bodies made still hearts beat again and outdoor recreation retailer REI even bandwagoned with their 13 Essential Tools for Surviving a Zombie Outbreak campaign.

This weekend Brad Pitt battles the undead in World War Z, an action thriller set against the backdrop of a worldwide zombie apocalypse.

The movie has the highest ratio of zombies to humans of any film this year, but don't ask its star why these cannibalistic cadavers are so trendy.

"As for why zombies are so popular," said Pitt, "I really have no idea."



Brad Pitt stars in *World War Z* but has no idea what makes zombies so appealing to a new movie-going generation.
HANDOUT

Pitt may not be able to put his finger on it, but academics suggest a variety of reasons. Audiences are interested in zombies in times of crisis, when we feel disempowered, says one, while another writer proposes that they offer something more primal — that the zombies

represent an example of control over death.

Whatever the reason, filmmakers have been capitalizing on these cool corpses for years. Some, like Night of the Living Dead and Shaun of the Dead are classics, others, like the stranger-than-usual Zom-Bie Honeymoon, aren't.

The grand-ghoul of all weird zombie movies is 1968's Astro Zombies. Star-ring horror legend John Carradine and cult star Tura Satana, the story of super-human monsters on a killing spree has inspired two sequels and a song of the same name by the Misfits.

Zombie confusion

"As for why zombies are so popular, I really have no idea."

Brad Pitt
Star of *World War Z*.

The mockumentary American Zombie's tag line is, "We're Here. We're Dead. Get Used to It!"

Documenting the everyday "lives" of a community of zombies in California, it's a fake undead propaganda film that echoes the struggles of many minorities who have had to fight for human rights.

Fido, a Canadian film starring Billy Connolly and Carrie-Anne Moss, is set in a world where humans won the zombie war and, as victors, have made the undead their domestic servants. Funny rather than scary, this one is worth a look to see the usually motor mouthed Connolly in a fun, shambling and wordless performance.

Strangest of all the non-mainstream zombie movies? Poultrygeist: Night of the Chicken Dead, a movie musical about a fast food chain called American Chicken Bunker whose meals turn diners into chicken zombies. Gross, gory and gratuitous, badmovie night.com called it "one of the sickest, most depraved movies I've ever seen."

Yeezus is a dark, drastic departure for Kanye

What did the music reviewers make of Yeezus, the latest from Kanye West? "There's purpose in repulsion..."



Billboard

Yeezus is a medley of several genres — new wave, punk, rock, and of course hip-hop. Those looking for vintage soul sounds or even full-on raps from start to finish will be thrown several curves here. It's an album with numerous emotional layers as well. There are a few lighthearted moments, and cuts about love along with lust. But mostly, West is just plain mad — angry at naysayers.

Ryan Dombal, Pitchfork

For Kanye, there's purpose in repulsion. And on Yeezus, he trades out smooth soul and anthemic choruses for jarring electro, acid house, and industrial grind while delivering some of his most lewd and heart-crushing tales yet. This is willful provocation that Ice Cube, Madonna, and Trent Reznor could all be proud of.

Ray Rahman, Entertainment Weekly

As for the lyrics? Some of the best examples are unprintable here, but even the most bombastic moments ... underscore a man struggling to come to terms with his place in the world, in his own 'Ye way: On I Am A Godhe raps, "I am a god/Even though I'm a man of God/My whole life in the hands of God."

Evan Rytlewski, AV Club

Delivered entirely from the gut, it's West's loudest and most impulsive album, especially in its system-shocking opening stretch of gnarled electro and pounding industrial rap. Even by the standards of an artist who reinvents himself with each release, it's a drastic departure.

2
SCENE

Wearing Paris Hilton's stilettos is hard work

The Bling Ring. Young actor Israel Broussard talks about taking on a role that's based on a real person and keeping a level head in Hollywood

 **NED EHRBAR**
Metro World News in Hollywood

You think acting is hard? You should try it in pink stilettos. At least that's a lesson 19-year-old Israel Broussard learned with Sofia Coppola's the Bling Ring as Marc, the sole male member of a group of teens who burglarize a slew of celebrities partly out of greed and partly out of admiration. The story is true — Broussard's Marc is based on Nick Prugo — but Coppola chose to change the names so as to not reward the fame-hungry.

How much did you concern yourself with Nick Prugo

and the actual events? I didn't really reach out to meet him nor do I think I will. If we ever bump into each other some time it might be a little bit weird — I mean, to me at least it will be weird, I don't know about them. I really didn't have much interest in meeting Nick Prugo, and I'd say the most I know about him is the video where he's booty-shaking on TMZ, which is the one I re-did, so if we were to meet each other we'd have to probably fist-bump over that. That's just like, we're bros now, you know? I don't know much about the girls. The girls I paid no attention to, besides Pretty Wild (Alexis Neiers). I'll recognize her. She is one whole chandelier. Sofia said she didn't want to make the people we portrayed in this movie more famous, which of course that's unavoidable. They are going to get at least a little more famous. But that's why she changed the names.

This film must give you



a unique perspective on keeping a level head in Hollywood.

Well, my mom and stepdad were very strict. I come from a really good upbringing, so I've got a level head. You know, of course I'm a teenager, I'll do something stupid every now and then. But for the most part they made sure I wasn't going to jump off the deep end.

It's nice to see a gay teen character where it's just a part of his personality instead of being his personality.

I'm glad you see it that way because that's how we wanted it to be seen. First of all, I'm very open-minded and I have no problem with anything. I don't have any judgment toward anybody, but where I come

Real or not?

The Bling Ring is based on the true events of a gang of L.A. teens ripping off celebrities. So how does Hollywood stack up to reality?

- In the film.** Harry Potter star Emma Watson plays attention-seeking Nicky, whose self-satisfied speeches outside the courthouse are a highlight of the film. But the real leads are the Bling Ring-leaders played by Israel Broussard and Katie Chang, portraying characters based on Nick Prugo and Rachel Lee.
- In real life.** They did in fact find a key under the mat. Prugo claims he and Lee targeted Hilton because they thought she was "dumb." Hilton appears in the film as herself and allowed Coppola to film in her house.
- In real life.** There is no Nicky. Watson's character

from that's still judged. So when I was reading the (script) they gave me, I was like, "Mom, I think this dude's gay." She was like, "No he's not," and I was like, "No, he is," (laughs). And I was kind of worried about going back home,

are people going to make fun of me for this? What it broke down to was I wore pink heels in Paris Hilton's closet. I can live with that. I find that now that I've done it, it's like why was I even worried about it? It's a role. It was fun.



Download your

2013 Event Guide

at

redriverex.com

June 14 to 23



Britney Spears. ALL PHOTOS GETTY IMAGES

If you want to be cool like mommy, don't kiss mommy in public

Britney Spears admits she's starting to feel the sting of her kids getting older, particularly when it comes to her public displays of affection.

"My sons are six and seven, so they're just now

getting to the stage of where you can't kiss Mommy in front of your friends and all that kind of stuff," she tells Ryan Seacrest during a call into his radio show.

"They're getting what's cool and what's not."



Ben Affleck

Affleck finding that three's company

While Ben Affleck might have suggested he and Jennifer Garner were up for adding to their family following the arrival of their third child last year, he's apparently changed his tune.

"That's not going to happen," he tells Extra when asked about having a fourth child.

"We're in a really good place. Three is good. That's enough."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Angelina Jolie comes under fire for health decisions

While Angelina Jolie has received near-universal praise for her decision to undergo a voluntary double mastectomy to prevent developing breast cancer, at least one

person isn't impressed. Cancer survivor Melissa Etheridge says that she has the same faulty gene Jolie has that makes cancer more likely, and she doesn't recommend the course the Oscar-winner took.

"I wouldn't call it a brave choice," she tells the Washington Blade.

"I think actually it's the most fearful choice you can make when confronting anything with cancer."



Jessica Chastain

Zero Dark Thirty star guarding her love life like a state secret

When it comes to her personal life, Jessica Chastain is looking to keep things under wraps — for now, at least.

"Sometimes when someone (in the press) asks me about my dating status, I get really quiet about that because I want to protect it," the Zero Dark Thirty star tells E! News.

"Seeing all these interviews with actors talking about loves of their lives and

then they break up in a year and you're thinking, 'What if something happens and they end up being a total jerk?'

Then you forever have these pictures of you standing on the red carpets together."

But all hope is not lost for those looking for some Chastain romance news.

"When I'm engaged someday — who knows to who — I'll probably be more open about it," she says.

Twitter



@ElizabethBanks

We all hate swimsuit shopping, right?



@AmandaBynes

I'm in between nose surgeries! My eyes are black and blue because my nose is broken! I can't wait for my nose to be done! I'll share pics!



@samantharonson

If u don't want me to know about your party please send me an invite via Facebook.

Finding free things in one of the world's most expensive cities may sound impossible. Surprisingly, Tokyo offers a wide range of museums, parks, historical sites and cultural activities for free — good news for budget travellers who want to see a lot and still enjoy expensive sushi.

THE ASSOCIATED PRESS



Old and new

Meiji Jingu Shrine is a piece of old Tokyo not to be missed. Boasting the nation's largest wooden "torii" gate, the shrine was built more than 90 years ago to commemorate Emperor Meiji, who reigned as Japan opened to the rest of the world after centuries of isolation. A short walk from the serenity takes you to Harajuku and Omotesando, a Mecca of latest fashion and culture, the district of "cool" new Japan. Walk down the Takeshita street packed with young people looking for the latest "kawaii" (cute) trends.

5

Free things to do in Tokyo



Japan's legislative home

Parliament, or the National Diet, as it is officially known, stands on a site once occupied by feudal lords and is now home to Japan's legislative headquarters. Completed in 1936, the building with a landmark pyramid-shaped dome houses the two chambers — the more powerful House of Representatives (Lower House) and the House of Councilors (Upper House) — under the Japanese parliamentary system. The Upper House provides a free hour-long tour when the house is not in session.

Tsukiji fish market

Sprawling Tsukiji fish market — the world's biggest — is where those beautiful slices of tuna on your sushi come from. Want to witness the famous tuna auctions? Then get up early and be there by 5 a.m. to queue up for the first 120 viewing slots. If that's too early, you can still spend hours roaming a maze of narrow alley ways, but watch out for the motorized carts whizzing around with ice troughs filled with fish.



Walk to Odaiba Beach

Need to burn calories after eating all the delicious local food, but you're too busy sightseeing? Here is a perfect plan — a scenic walk over the Rainbow Bridge to the reclaimed island of Odaiba out in the Tokyo Bay for a picnic, sunbathing on a man-made beach, or even a jog. The walk is just more than 1.7 kilometres including the 918-metre-long single-span suspension bridge and takes less than an hour one way.

Experience a (fake) quake

Japan is one of the most earthquake-prone countries in the world. This public facility, the Ikebukuro Disaster Prevention Center, run by the Tokyo Fire Department, offers a uniquely Japanese experience that can be educational, a bit scary, but also fun. Visitors can experience a tremor — as violent as the March 2011 disaster that struck northern Japan — in a quake simulator built in a living room set.



Trip tips

Don't languish on your layover



ON THE MOVE
Loren Christie
life@metronews.ca

With the busy summer holiday season upon us, Canadians know that travel delays and long airport layovers can be part of the package. So how do you make the most of that time?

Spend as little time as possible in a line. Check in before arriving at the airport and avoid baggage drop-off lines by bringing only a carry-on piece of luggage. Properly prepare for your security screening. Wear shoes that easily slip off and on, know which sharp objects will literally "not fly" and don't bring liquids more than 100 ml in size.

Scope out potential distractions — eating options, shopping, spa services or even a movie theatre, in advance. Planning out an itinerary for your layover

will ensure the time passes quickly. To assist in your search, load up the Gate Guru app on your iPad or iPhone. It lists all the businesses near each gate along with user reviews, pictures and maps from airports around the world, including Toronto, Calgary and Halifax.

If you are not part of an airline loyalty program that provides you access to the oasis that is an airport lounge, consider buying your way in. Plaza Premium Lounges located in Toronto, Edmonton and



Don't dread the layover — embrace it! iSTOCK

Vancouver has pay-as-you-go lounges that are not affiliated with a particular airline or class of fare. Enjoy meals, computer access and a place to escape

the crowds. Or consider making a pit stop at a hotel connected to your airport terminal. They often offer day-use packages for their gym and spa facilities.

Raw fish, it isn't just for sushi



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Seviche is a seafood dish popular in the coastal regions of the Americas, especially Central and South America.

The dish is typically made from fresh raw fish marinated in citrus juice. Buy the freshest fish possible from a reputable fish store. You can also use white fish such as snapper, tilapia and halibut.

1. In bowl, place scallops,

Nutritional analysis

Per serving: 111 calories, 11 g protein, 4 g fat, 7 g carbohydrates, 95 mg sodium, 76 mg cholesterol, 1 g fibre

squid, onion, red pepper, tomato, garlic, lime juice, cilantro and oil; stir to combine.

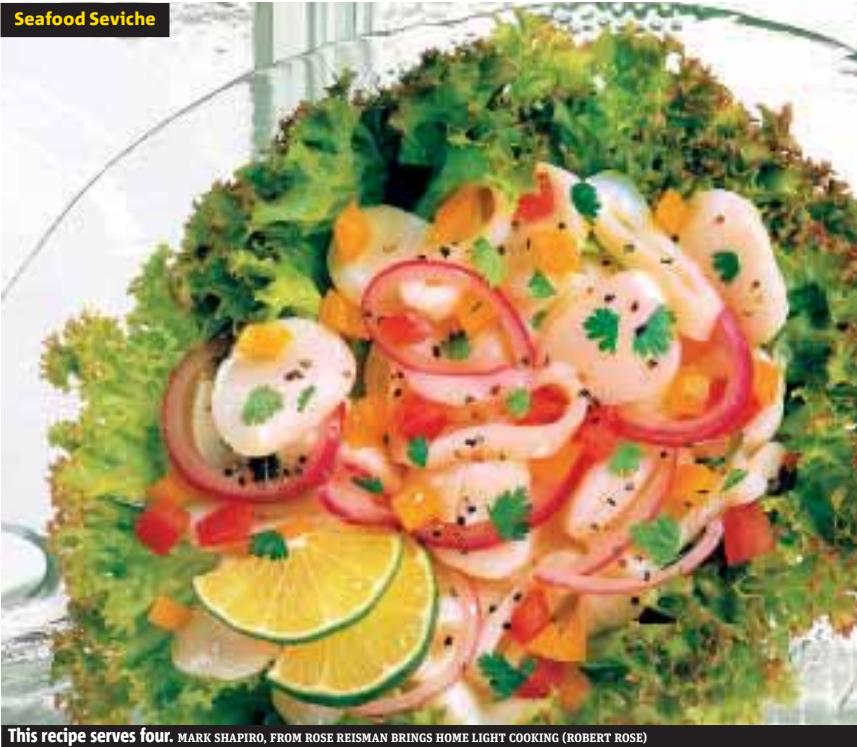
2. Cover and refrigerate for 2 hours to marinate, stirring occasionally. Serve over lettuce-lined plates. **ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE) BY: ROSE REISMAN**

Ingredients

Prep time: 2 hours (the longer you marinate the better the flavours)

- 1/4 lb scallops or shrimp, sliced
- 1/4 lb squid, sliced
- 1/2 cup finely chopped red onion
- 1/2 cup diced sweet red or
- yellow pepper
- 1/2 cup diced tomato
- 1 tsp crushed garlic
- 1/4 cup fresh lime or lemon juice
- 2 tbsp chopped fresh cilantro or parsley
- 1 tbsp olive oil
- Lettuce leaves

Seafood Seviche



This recipe serves four. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT COOKING (ROBERT ROSE)

Drink of the Week

Skinny Swizzle

This low-cal cocktail is diet-friendly but doesn't skimp on flavour with a crisp combination of lime syrup, Angostura bitters and tonic water.

- 1 oz Belvedere Vodka
- 1 oz lime syrup
- Angostura bitters
- Tonic water
- Garnish: lemon, lime and cucumber wheels

Combine vodka with lime syrup, bitters and tonic water. Garnish with lemon, lime and cucumber wheels.

COURTESY OF BELVEDERE



One-pot wonder: Steamed Clams & Mussels with Garlic

KAREN HUMPHREY
yummymummyclub.ca

Seafood is a popular choice at my house and is really quick for those short on time.

There's few ingredients to this Steamed Clams and Mussels with Garlic dish, and you can serve little bowls of it with a bit of the juices ladled over

top, along with thick slices of bread to sop up the juice.

1. In a large, deep pan, melt the butter over medium low heat and sauté the shallot and chili until softened. Add the garlic and continue to stir, cooking, until fragrant; about 2 minutes. Don't let the garlic brown.

2. Add the wine and bring to

a boil, stirring up any bits off the bottom.

3. Turn the heat down to medium low so that the mixture is simmering, then pour in the clams and mussels. Cover the pan with a lid and let them steam for about 5-7 minutes, stirring and checking every now and then. You'll know that they are cooked

when the shells have opened.

4. Discard any unopened shells (there's always a few), and don't worry about the ones that are opened only a bit. You can still eat those. Sprinkle the parsley and pepper over top and serve. Divide the mixture among four bowls, ladling the juices over top for people to soak up with bread. Serve with the lemon wedges alongside.

YUMMYSUMMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 3 tbsp butter
- 1 shallot, thinly sliced
- 1 thai chili, seeded and minced (optional)
- 4 garlic cloves, peeled and minced
- 1/2 cup dry white wine
- 2 lbs of mixed clams and mussels, washed and cleaned (they can be a bit gritty)
- 3 tbsp minced Italian parsley
- cracked black pepper
- lemon wedges



This recipe makes two dinner servings or four appetizer servings. KAREN HUMPHREY OF YUMMYSUMMUMMYCLUB.CA

Lunch or side dish. Shrimp Avocado Salad



Cooked, frozen shrimp is readily available at the supermarket and makes this dish a snap to make. If using fresh shrimp, remove the shell and then make a shallow cut down the back of the shrimp to expose the vein. Gently pull it out.

THE CANADIAN PRESS/ CANADIAN FISHING COOKBOOK BY JEFF MORRISON (COMPANY'S COMING, 2013)

Ingredients

- 500 g (1 lb) cooked medium to large shrimp, deveined
- 2 red peppers, seeded and finely chopped
- 2 avocados, peeled, pitted and chopped
- 3 ml (3/4 tsp) salt
- 5 ml (1 tsp) sugar
- 1 ml (1/4 tsp) pepper
- 8 to 10 leaves iceberg lettuce, torn into small pieces
- 125 ml (1/2 cup) Italian salad dressing



You don't need a gym: If there isn't a gym close to your work, you can still get an effective workout in. Make use of what you have at hand! Go for a run, walk, bike, rollerblade or even bring a yoga mat to a nearby park. iSTOCK

GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. The right candidate will join Metro's dynamic and award-winning Creative Services team. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely fast paced environment. In addition a solid understanding of print design and production, specifically for print advertising and online design skills using web based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients; high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, InDesign, QuarkXPress, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (.tiff, .ai, .eps, .indd) and EPS experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc.)
- Must be a quick problem-solver, who initiates projects and takes a proactive approach
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material
- Post secondary degree or diploma in Graphic Design (Print)
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than June 23, 2013. PLEASE QUOTE "Graphic Designer - Winnipeg" in the subject line. All submissions will be treated as confidential.

metro

Exercise your right to stay healthy on the job

Let's get physical.

Scheduling in a good sweat between meetings can add some extra muscle to your nine-to-five

MEGHAN GREAVES
TalentEgg.ca

When heading off into the "real-world" as a new grad, you may find it difficult to get everything you want done.

One task that often gets pushed aside is hitting the gym on a regular basis. For most, working out directly before or after work isn't appealing. Who truly wants to wake up an hour early or get home an hour late? Not me.

So, if you're having trouble fitting your workouts before and after work, when can you? At lunch! For most full-time employees, you'll have an hour-long lunch, which gives you just enough time to get a quick work-out in.

Not sure if it's doable? Read on to learn why it completely is and how to do it!

Get everything in order

"I'd like a half hour workout with a side of shower time and spinach salad please!" — sounds like a little much right? It is possible though with a bit of organization. To do so, pack your work clothes, gym gear and home-made lunch with you

Your thoughts?

@TalentEgg: #QuestionoftheDay: Do you have a desk job? How do you stay active when you're sitting all day at work?



- @Joanne4RBC: A short walk after lunch. Take a break from the computer to rest your eyes. Enjoy some friendly chats with co-workers. Stretch!

- @Ellie_Khayatian: stepping away for a quick lunch break, giving your eyes a break. Also, making sure to squeeze in gym time as often as possible!

- @saraherodrigues: Lunchtime walks around the building, taking the stairs, plus actually going to people's desks instead of calling/emailing.

- @CarrieOswald1: Must look so weird dancing around in my office but I need to move & burn energy. Don't know how anyone could sit still for 8 hrs.

all in one bag so it's ready to go. This will make it easy for you to go from one thing to the next smoothly.

Intensity, intensity, intensity

Sometimes less is more! It's completely possible to have a short, intense workout if you plan your workouts

before hand. For example; if you're going to the gym three times a week on your lunch break, plan three different workouts for you to rotate through each day you go (on your phone, cue cards, etc). This will allow you to make the most of your gym time by having a game plan all while knowing that you're getting everything in that you need to.

Stay energized

When working out on your lunch break, it's crucial to hydrate and get the proper nutrients. Firstly, working out on an empty stomach isn't healthy. Secondly, you don't want work to be affected. Have a small snack (like yogurt, veggies and hummus, apple slices, etc.) before your workout and eat your lunch after your workout to keep you on your A-game.

Come in a little earlier, leave a little later

When first getting into your lunchtime workout routine, you might take a few extra minutes longer than expected. To ensure that your work isn't being affected, come in a bit early and don't hesitate to stay a bite later than normal. Once you start to get your routine down pat, you should be able to balance everything well.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Invest In Your Future

OFFERED PROGRAMS

- Business Certificate
- Certified Aboriginal Financial Manager
- Community Health Worker Program (Modular)
- First Nation Child and Family Services Worker
- First Nation Community Management (Modular)
- First Nation Governance
- Mature Grade 12
- Professional Development Workshops

NEW LOCATION

480 Madison Street
Winnipeg, MB R3J 1J1
(204) 953-2800
www.yellowquill.org
New Home ~ New Beginnings!

 **YELLOWQUILL**
COLLEGE
Specializing in Aboriginal
Education and Training

Give 'em your best by getting some rest

You don't always lose when you snooze.

Five tips for getting enough sleep as a new graduate

MEGHAN GREAVES
TalentEgg.ca

There are many changes that come along with transitioning from the student world to the work world. One of the biggest changes that new grads face is in their schedule.

Getting enough sleep is important for everyone, but especially important for new grads as the change in routine tends to be a big one. Gone are the days where you could grab a couple extra minutes (or hours in some cases...) of sleep as you needed.

The side effects of sleep deprivation are scary, so we have the tips you need to make getting enough sleep simple.

Create a routine
The first step in ensuring

Wind down

Sadly, our minds don't shut off the second we put our head on the pillow.

- Our bodies take time to relax enough to fall asleep.
- Winding down before you go to bed can be anything that relaxes you; reading a book, organizing your things for the next day, going for a walk, stretching, talking with your roommate.
- Whatever makes you feel less anxious — do it. This will help you be ready for a good night's sleep.

that you get enough sleep is setting a routine — and sticking to it. To do this, determine what time you have to wake up and count seven to nine hours back from there — that's your bedtime. For example, if you need to wake up at 6:30 am, you'll



In the jungle, the concrete jungle, the worker sleeps tonight. iSTOCK

need to go to bed between 9:30 p.m. and 11:30 p.m. depending on how much rest your body needs.

Turn off electronics

Set a curfew for your electronics. Researchers have found that there might be a correlation between using electronics before bed and sleep quality. In order to fall asleep, our

body needs time to wind down and it can't do that right after looking at the bright lights of a television, computer or smartphone. To make sure that your sleep isn't being hampered by

your electronics, try to stay away from using them an hour or two before you hit the pillow.

Stay away from sugar and caffeine

There's nothing like a sweet treat or warm drink before bed, but try to stay away from anything with high sugar or caffeine levels as they can keep you awake for hours after you drink them.

Say no

You might not be on the same schedule as your friends and family, but you don't need to be sleep deprived because of it. If your friends' plans are tiring and affecting your work ethic, don't be afraid to pass every once in a while. This doesn't mean that you should become a hermit, but be aware of when you need to put your sleep first and socializing second.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Earn your diploma in under a year!

94% employment rate in 2012.

Become a Legal Assistant

why Robertson College?

- ✓ Our extensive employer network
- ✓ Real-world experience with our four week program practicum
- ✓ Student laptop program
- ✓ Financial assistance - financial aid available to those who qualify

Classes start in June!

Check out www.robertsoncollege.com or call 204.800.7933

ROBERTSON COLLEGE



Take control of your future

Unemployed? Receiving or eligible for EI Benefits? Or had a claim for regular benefits in the past 3 years, maternity or parental in the past 5 years. Dream of Being Your Own Boss?

The YMCA-YWCA Self Employment Program offers training, mentoring and financial support to help you make your dream come true.



Building healthy communities

For more information or to determine your eligibility, call 204-989-5860 today!

www.ywinnipeg.ca

COMFORTS OF HOME DURING TRYING TIMES

The last thing any parent of a sick child should worry about is where they lay their head at the end of an exhausting day at the hospital.

The goal of Ronald McDonald House Manitoba is to keep families together while their seriously ill or injured child receives care at the Children's Hospital. With all of the comforts of a real home, including a fully functional kitchen, 14 bedrooms and four bathrooms, as well

as laundry facilities and a children's play area within the house, families who stay at Ronald McDonald House are able to live comfortably during a stressful situation for just \$10 a day.

"The most important thing for these families is that their child gets better and receives the care that he or she needs," says Allison Kesler, executive director at Ronald McDonald House Manitoba. "Families going through

this type of trauma need support and they need to be together during trying times."

The organization, which has been open in Manitoba since 1984, helps more than 600 families annually.

"Our operation is run on charitable donations and volunteer support," Kesler says.

For more information, visit rmhmanitoba.org.



CONTRIBUTED

THANK YOU WINNIPEG! WITH YOUR HELP ON McHAPPY DAY.[®] WE RAISED \$69,663!

A SPECIAL THANK YOU TO
McDONALD'S® RESTAURANTS, OUR VOLUNTEERS, AND
ALL OF OUR FRIENDS IN RADIO, TELEVISION AND PRINT
THAT MADE FOR SUCH A MEMORABLE DAY!



Manoir Ronald
McDonald House[®]
MANITOBA
®/MD

rmhmanitoba.org

Ronald McDonald House
Manitoba supports the
health and well-being of
children by providing a
"home away from home"
and other services for
critically ill, chronically ill
and seriously injured
children and their families.

GOLF FORE THE CURE

With your help, we can create a world where no families fear breast cancer.

All too often we have friends and family members who receive the news "you have breast cancer." Your heart sinks and you strive to make sense of the unknown.

Tracy Kibsey, director of golf at Southside Golf Course, is just that person. Nine years ago, Kibsey was diagnosed with Stage 3 breast cancer. Today, she is loving and living life.

Because of Kibsey and many others who fight the battle, Southside Ladies Open Golf Tournament has partnered with Golf Fore the Cure because every round and every dollar raised can make a difference.

On July 8, you will find more than 108 women golfers and 14 men volunteers wearing pink, along with dedicated Southside Golf Course staff working to raise a targeted \$25,000 for Canadian Cancer Society in support of breast cancer research in Manitoba. Breast cancer death rates have declined steadily since 1986 due to improved screening programs and treatments. These advances



GOLF fore
the CURE.

Presented by  SUBARU

have been made possible, in part, through Canadian Cancer Society funded research.

You, too, can support the efforts. Visit rgcagolfforethecure.com, get involved, participate in an event, select Southside and help make a difference.

Winnipeg's Only 18-hole Par 63/65 Golf Course

• Unique course designed to be played more quickly than the average 18 holes! • The "Ultimate Practice Facility" • Delicious restaurant specials in Bunkers Bar & Grill

\$24/round
Monday - Friday 12 pm - 3 pm
Cannot be combined with any other offer. Expires July 31, 2013

254-6709

Only 8 minutes South of St. Vital Shopping Centre off Highway #59 on Southside Road

www.southsidegolf.ca

PADDLING FOR A CURE

MANITOBA DRAGON BOAT FESTIVAL

Last year, the Children's Hospital Foundation and CancerCare Manitoba Foundation teamed up to raise more than \$380,000 for Manitoba kids with cancer through the Manitoba Dragon Boat Festival.

The money goes to help some of Manitoba's youngest and bravest cancer patients through clinical trials and direct patient care.

"Because of clinical research trials being done here at CancerCare, Manitoba attracts some of the best doctors in the world," says Tania Gauthier, community development co-ordinator for the Children's Hospital Foundation. "The doctors who are doing the research are also the doctors who are treating patients."

Making life normal and fun for the patients of the Children's Hospital is



CONTRIBUTED

paramount. Thanks to the generosity of donors, the Children's Hospital Foundation is able to offer special programs like music and humour therapy. The hospital also boasts a play room and an in-house television studio, as well as specially trained therapeutic clowns who know how to engage with the children and bring humour to their situation.

"These kids are always so brave," Gauthier says. "It's heartwarming and heartbreaking at the same time."

For more information on how to get involved with this year's Dragon Boat Festival, or to find out how to donate, visit manitobadragonboat.ca.

DASCH PROJECT: HOME

They say home is where the heart is, and DASCH couldn't agree more.

The non-profit charity was developed almost 40 years ago and has made its mission to provide people with an intellectual disability a comfortable home in the community, rather than an institutional setting.

The DASCH Foundation calls its mission Project: Home.

"All people deserve a home," says Suzanne Williams, director of development for the DASCH Foundation. "Shamefully, we are one of the few remaining provinces that still institutionalize people with intellectual disabilities."

There are more than 300 citizens with intellectual disabilities living within the two remaining Manitoban institutions. Many of these people are waiting for their opportunity for a home in the community — often this is a long wait.

"By the time we get this issue resolved many of these people will have passed away ... never having a real home," Williams says.

DASCH has set out on a mission to raise \$2.5 million over the next two years



CONTRIBUTED

to purchase and renovate six new homes.

Being one of Manitoba Marathon's "26 4 26" charity partners and hosting the annual recognition awards luncheon (this year's honoree is Fred Penner), DASCH can utilize the mass participation in these events to raise the much needed funds for Project: Home and help change and enrich the lives of Manitobans living with intellectual disabilities.

"For some people, after they've moved into their new home, their whole life turns around," Williams says. "It's like they are introduced to a whole new world, a world they didn't know existed."

For more information about Project Home, check out dasch.mb.ca.



event
operated by FMG

PADDLES UP!

SEPT 13-15
AT THE FORKS

ALL FUNDS RAISED STAY IN MANITOBA



Working
together for
Manitoba kids
with cancer



THIS SEPTEMBER, IT'S PADDLES UP FOR KIDS WITH CANCER

CancerCare Manitoba Foundation and the Children's Hospital Foundation of Manitoba have joined forces to raise funds for research, care, and brighter futures for Manitoba kids with cancer. **Join us and make a difference!**

manitobadragonboat.ca • (204) 927-5433

The DASCH Foundation is on a mission to raise \$2.5 Million dollars over the next two years.

All proceeds will go to the purchase and renovations of wheelchair accessible homes needed for people with intellectual disabilities who are moving out of a Manitoba institution.

To donate to **Project: HOME**
contact the DASCH Foundation
at 204.987.1556 /
daschfoundation@dasch.mb.ca
or follow our
[Support Us](#) link.



117 Victor Lewis Drive
Ph: 204-987-1556 Fx: 204-987-1552
daschfoundation@dasch.mb.ca

No offence, but Hawks still in the title hunt

Stanley Cup final.

Chicago trails Boston 2-1 in the series with unproductive power play a big concern

There is no panic or frustration. But Chicago Blackhawks coach Joel Quenneville acknowledges his team is in a tough spot going into Game 4 of the Stanley Cup final.

"You lose back-to-back games, it gets your attention," the coach conceded. "We're in a hole right now. We want to make sure (Wednesday) we prioritize the importance of that game and it's a different level."

Down two games to one, the Hawks face a tall order in trying to bring down the Bruins in their own building.

Boston has won seven straight at home and is 8-2 overall at TD Garden in these playoffs, outscoring the opposition 28-17.

At least the Hawks can take solace from their second-round series against Detroit. They trailed the Red Wings three games to one before reeling off three straight wins.

"I think we're in a tough spot," Quenneville acknowledged. "In the Detroit series we found a way to get ourselves

Numbers favour Bruins

The Bruins are 2-0 when holding a 2-1 series lead in the final. The Blackhawks are 0-3 lifetime when trailing 2-1 in the final.

- "We know they're a good team, tough to play against," said Chicago defenceman Johnny Oduya. "But I think we still feel confident. We know we have to steal a game here and that's what we're looking to do."

to get back into it. That's what we're looking for. (Wednesday) is a very important game, like we have to win (Wednesday) night. Come up with a good result, we're right where we want to be."

Quenneville said he hoped injured star Marian Hossa (upper body) will be back in the lineup. Chicago's co-scoring leader was a late scratch Monday, replaced by Ben Smith.

The Chicago coach has other concerns.

His team is getting schooled in the faceoff circle, putting the Hawks constantly on the back foot. Boston won 40 of 56 faceoffs Monday with Patrice Bergeron winning 24 of 28 draws. Chicago's power play,



The Bruins' Daniel Paille checks Michal Rozsival of the Blackhawks in Game 3 of the Stanley Cup final on Monday in Boston. The Bruins lead the series 2-1.

BRUCE BENNETT/GETTY IMAGES

which was ordinary during the season (ranking 19th with a 16.7 percentage success rate), has been even worse in the playoffs.

Chicago was 0-for-5 with a man advantage in Game 3 and has not scored a power-play goal in its last 20 chances dating to Game 2 of the Western Conference final. The Blackhawks have an 11.3 per cent success rate this post-season

(7-for-62), and are only 3.7 per cent on the road (1-for-27).

The Hawks are 0-for-11 with a man advantage against Boston this series.

Boston's penalty killing isn't helping matters. The Bruins killed off five power plays Monday night, stretching their successful string to 27 consecutive penalties dating to Game 5 of the Eastern Conference semifinals. THE CANADIAN PRESS

NHL

Detroit delivers 3-years to Datsyuk

The Detroit Red Wings accomplished their No. 1 goal of the off-season Tuesday by agreeing to a \$22.5 million, three-year deal with Pavel Datsyuk.

"We're obviously thrilled to extend the contract of the best two-way player in the National Hockey League," Red Wings general manager Ken Holland.

Datsyuk and the Red Wings reached the deal two days before his 35th birthday, keeping the Russian superstar with the franchise through the 2016-17 season.

THE ASSOCIATED PRESS

NHL

Voynov earns payday for playoff play in Los Angeles

Defenceman Slava Voynov agreed to a new six-year, \$25 million contract Tuesday with the Los Angeles Kings.

The 23-year-old Siberian would have been a restricted free agent this summer after his breakout playoff performance for the Kings. THE ASSOCIATED PRESS

Great things ahead?



"I think it's only a matter of time before Quebec

City is going to get a franchise." Wayne Gretzky, speaking about the prospect of the NHL returning to Quebec City at the Joe Carter Classic golf tournament on Tuesday in Maple, Ont.

Quoted

"I'm just a little ticked off that I didn't put them together sooner."

Bruins coach Claude Julien on the line of Chris Kelly, Daniel Paille and Tyler Seguin. After being thrown together after Game 1, Kelly scored to pull Boston even before Paille settled it in overtime in a 2-1 Game 2 win. Paille scored the winner again in the 2-0 Game 3 victory Monday.

COACHES WANTED



THE NORTHWEST STARS AA HOCKEY CLUB IS NOW ACCEPTING APPLICATIONS FOR HEAD COACHING POSITIONS FOR THE 2013-2014 SEASON. ALL INTERESTED PARTIES SHOULD FORWARD THEIR COACHING RESUMES TO:

NORTH WEST STARS AA HOCKEY CLUB
P.O. BOX 39018, RPO INKSTER PARK
WINNIPEG, MANITOBA R2X 3B3

FOR MORE INFORMATION E-MAIL:
aastarswpg@gmail.com

THE GREATEST CLUB SINCE "SANDWICH"

JOIN CLUB METRO TODAY!
CLUBMETRO.COM



Jays reach Rocky Mountain high with 7th win in a row

MLB. Rogers shuts down former team and is backed by a trio of home runs

Edwin Encarnacion had a home run and three RBIs to back pitcher Esmil Rogers' strong outing against his former club and the Toronto Blue Jays won their seventh straight with a 8-3 interleague victory over the Colorado Rockies on Tuesday night.

The Jays (34-36) are rolling right now, having won 11 of their last 14 games since June 2 and outscoring their opponents 73-38 in that span.

Maicer Izturis and catcher J.P. Arencibia also went deep for Toronto, which hasn't won seven straight since Aug. 30 to Sept. 9, 2008.



Esmil Rogers recorded the win on Tuesday as the Jays beat the Rockies 8-3. TORSTAR NEWS SERVICE

Rogers (3-2) pitched 6 2/3 innings while giving up three runs — two earned — and four hits in his fourth start of the

year and first against his former team. He played parts of four seasons with the Rockies before being traded last year to Cleveland for cash considerations.

The 22,852 at Rogers Centre gave a standing ovation to the 27-year-old Dominican as he exited the field with a smile on his face.

Canadian Jeff Francis, making his fourth career start against Toronto, had an unwelcome homecoming. The Colorado left-hander (2-5) and North Delta, B.C. native was roughed up for 10 hits and eight runs, including all three homers, over six innings.

It was his first loss against the Jays in four tries, and second trip to Toronto, his last coming on Aug. 25, 2011, a 9-6 win when he was with the Kansas City Royals.

THE CANADIAN PRESS



Braves come up short at home vs. Mets

Jason Heyward of the Braves is tagged out on a steal attempt by Omar Quintanilla of the Mets at Turner Field on Tuesday. Matt Harvey pitched six hitless innings, John Buck homered and the Mets held off another Atlanta comeback, beating the Braves 4-3 in the first game of a doubleheader. SCOTT CUNNINGHAM/GETTY IMAGES

MLB

More injury woes in the Bronx

Kevin Youkilis needs back surgery and Mark Teixeira returned to the 15-day disabled list Tuesday with an aching right wrist, the latest injury setbacks for the depleted New York Yankees.

THE ASSOCIATED PRESS

Tennis

Venus pulls out of Wimbledon

After 16 consecutive years of always showing up at Wimbledon, winning five titles along the way, Venus Williams pulled out of the Grand Slam tournament on Tuesday, citing a back injury. THE ASSOCIATED PRESS

NBA

Ellis walking away from Milwaukee

Monta Ellis will be an unrestricted free agent July 1 after informing the Milwaukee Bucks he is opting out of his contract. Ellis had an \$11 million option for the upcoming season.

THE ASSOCIATED PRESS

CAN YOUR BEER DO THIS?

SMIRNOFF® VODKA 750mL

ON SALE NOW

\$1.25 OFF

FROM JUNE 10TH-23RD

26 GREAT TASTING DRINKS IN EVERY BOTTLE

Available at participating Liquor Marts.
Check <http://www.liquormarts.ca> for availability.

PLEASE ENJOY RESPONSIBLY

© Diageo Canada Inc. 2013. All rights reserved. Tous droits réservés.



FACTORY



AUTHORIZED

120 HOUR SALES DRIVE

TUESDAY, JUNE 18TH - SATURDAY, JUNE 22ND

0% APR* PURCHASE FINANCING FOR UP TO 72 MONTHS

PLUS

\$4,000*

IN MANUFACTURER REBATES

2013 F-150 5.0L amount shown

\$500

120 HOUR BONUS

On select new 2013 F-150, Edge, and Focus models



2013 F-150

0%^{APR} PURCHASE FINANCING
FOR UP TO **72** MONTHS

PLUS \$4,000
IN MANUFACTURER REBATES**

PLUS \$500 120 HOUR BONUS†

on most trims



2013 EDGE

0%^{OPR} PURCHASE FINANCING
FOR UP TO
72 MONTHS

PLUS \$1,500
IN MANUFACTURER REBATES**

PLUS \$500  120 HOUR BONUS[†]

on most trims

**THE 120 HOUR SALE ENDS JUNE 22ND
ONLY AT YOUR PRAIRIE FORD STORE.**



Go Further
prairieford.ca

SiriusXM
Available in most new
Ford vehicles with
6-month pre-paid
subscription

The lavish 2014 Lexus IS



ALL PHOTOS WHEELBASEMEDIA.COM

2014 Lexus IS

• **Type.** Four-door, rear-/all-wheel-drive entry-luxury compact sedan

• **Engines (hp).** 2.5-litre DOHC V6 (204); 3.6-litre DOHC V6 (306)

• **Transmissions.** Six-speed automatic; eight-speed automatic (IS 350, RWD)

• **Base price (incl. destination)**
\$38,000

Design

The latest IS has sharpened its demeanor. In front, the car exhibits a hunkered-down stance, aided by a more aggressive nose and what Lexus calls its "spindle" grille that sticks out from the crowd. Also visible is more defining side sculpting extending along the lower body plus an integrated rear deck spoiler.



The 350 gets an eight-speed automatic transmission

Fuel economy

As expected, fuel economy for the base IS 250 should remain virtually constant at 9.5 l/100 km in the city and 6.5 on the highway and 10.5/7.3 for the IS 350 (all take premium fuel).

Engine

If you're familiar with the previous IS drivetrains, you can skip the next sentence. The IS 250 keeps its 2.5-litre V6 with 204 horsepower and 185 pound-feet of torque, while the IS 350 continues with 306 horsepower and 277 pound-feet of torque emanating from a 3.5-litre V6. Both are carry overs.



The cabin interior is modern, subtle and equipped with an infotainment knob

Review. OK, no more Mr. Nice Guy; Toyota's luxury brand is here to take down the big guns

MALCOLM GUNN
wheelbasemedia.com

The 2014 IS remains the class rebel of the Lexus fleet, which is great news for those who derive their driving kicks from compact luxury cars that are fleet of foot, strong of character and provide power to either the rear or all four wheels.

The main reason for the IS's existence is to bait BMW 3-series, Audi A4 and Mercedes-Benz C-Class fans into switching teams. Toyota's premium division has learned plenty from its previous two IS generations and now appears to be an even stronger contender with the new-for-2014 version.

The IS, with its 20 per cent stiffer platform, has grown nearly nine centimetres in length, with seven more centimetres between the front and

sion programming, with ECO, NORMAL and SPORT S modes for rear-wheel-drive models, plus a SNOW mode for AWD-equipped cars. Additionally, the returning F SPORT package that's optional on all IS 250 and 350 cars also has a SPORT S+ setting that firms up the suspension for more aggressive driving.

With an estimated starting price of about \$38,000 for the 250 and \$48,000 for the 350, including destination charges, the Lexus duo offers an array of standard equipment, but most

buyers will likely opt for one or more of the option groups that upgrade the car to full-on luxury status. They include, among others, a navigation system with backup camera, premium Mark Levinson-brand audio package, heated and cooled seats and a wood-trimmed interior.

Make no mistake, the 2014 IS is now more of a match for the competition. It also strengthens Lexus's position as a purveyor of vehicles with plenty of passion along with prestige.

Compare



1 BMW 3-series
Base price: \$37,400



2 Cadillac ATS
Base price: \$34,000



3 Audi A4
Base price: \$34,000

5
DRIVE

WINNIPEG HYUNDAI SUMMER SAVINGS



**\$225
BI-WKLY
ALL IN**

2013 Santa FE STK# 86011
AWD, PREMIUM, LOW KMS,
WITH CPO PROGRAM, 1 YEAR XTRA WARRANTY **\$28,955**



**\$102
BI-WKLY
ALL IN**

2010 Accent GL STK# 23471A
SEDAN **\$10,998**



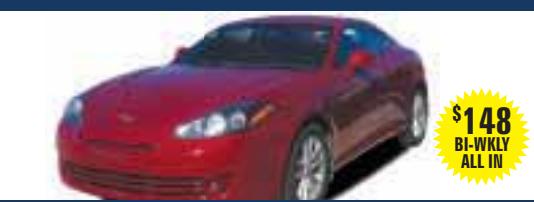
**\$137
BI-WKLY
ALL IN**

2012 Elantra Touring GL STK# 86014
4 DR SEDAN **\$16,995**



**\$210
BI-WKLY
ALL IN**

2012 Genesis Coupe STK# 86014
Only **\$149 B/W** PLUS TAXES



**\$148
BI WEEKLY
ALL IN** (48 MONTH TERM 9%)

2007 Hyundai Tiburon GL Sport STK# 23548A
**\$148 BI WEEKLY
ALL IN** (48 MONTH TERM 9%) **\$10,998**

**WINNIPEG HYUNDAI IS LOOKING FOR
PROFESSIONAL SALES CONSULTANTS**

For a growing dealership, if you are
outgoing and have experience in
customer relations please email us at
JSTERNAT@WINNIPEGHYUNDAI.CA

**3700 Portage Ave (204)318-3180
winnipeghyundai.com**

ALL PAYMENTS BASED ON 6.99% 0 DOWN
72 AND 84 MTH TERMS AT 6.99%



**WINNIPEG
HYUNDAI**

metro

22

DRIVE

metronews.ca
Wednesday, June 19, 2013

Every boss is an icon and idiot

Autopilot. Automotive success Bob Lutz tells us to take the good with the bad boss-wise and always learn from your time under them



**AUTO
PILOT**
Mike Goetz
drive@metronews.ca

Over his illustrious five-decade career in the auto biz, successful automotive executive Bob Lutz has worked with a lot of famous bosses. From that vantage point he noticed that most of the really successful ones were also "mentally and emotionally askew."

In his new book, *Icons and Idiots*, Lutz profiles nine such bosses (and one teacher and one Marine drill sergeant), all of which have taught him major lessons in leadership. The title doesn't mean that some are idiots and some are icons. Rather that every strong leader is a bit of both.

"There's a good side, which gets the job done," says Lutz. "There's often a downside that makes them hard to understand or difficult to work for. It's precisely because they are impatient,

stubborn, opinionated, unsatisfied and domineering that they are successful."

His advice to those of us currently dealing with such unbalanced bosses is to learn to take the good with the bad. Here are a few examples of what Lutz has learned:

From sadistic Marine Corps Staff Sgt. Donald Giusto:

"Learning to continue to function in the face of failure, betrayal, acute disappointment, all the while physically and mentally tired, perhaps without food, is what the Marine Corps expects from its members. What it demonstrated to me is that we are all capable when the chips are down, of doing far more than we think we can. Sgt. Giusto unlocked the hidden reservoirs of capability in all of us."

From Harold A. "Red" Poling, ultimate bean counter, and not a nice guy:

"Red taught me that the tough uncompromising, unfeeling, almost nasty approach to initial cost and investment estimates could produce meaningful saving ... The Poling approach served me well during my later tenure at Chrysler and my last tour at GM, although I was always at pains to leave



Bob Lutz has worked for some of the giants of the industry. GETTY IMAGES

capable GM president that couldn't turn GM around:

"A magnificent human being, Rick was simply too nice, too introspective and too thoughtful in many of his actions to see the company through the turbulence of 2008-09... Tolerant of mediocrity, ... it was painful to see Rick protect and support many officers who, to my eyes, personified the large corporate culture of 'look good, sound good, prepare well for meetings, and never disagree with the boss.' But Lutz considers Wagoner the perfect 'peacetime' CEO, and says Wagoner's moves to buy Daewoo and go aggressively into China are cornerstones of GM's current success."

it just a bit with humour, engineering and marketing judgment." Lutz also noted to never forget that you can still learn stuff from bosses you can't stand.

From Ralph Mason, a cheerful but serious alcoholic, and product of a bygone era, when there was a lot of hard drinking in the auto industry:

"Ralph nevertheless focused on what was important and advanced the cause of GM and its shareholders." Lutz also said Mason often went home early to get plastered, but had a good team behind him, trusted them and didn't interfere.

From Rick Wagoner, the

Make it sing with comfort: Tune your suspension just like a guitar

Driving force. Kia's engineers know it's a lengthy process to make sure their vehicles' suspension is just right

**JIL
MCINTOSH**
drive@metronews.ca

Vehicles have specific "rides," depending on what they are: a family sedan will ride smoother than a sports car's harsher suspension, for example, but its steering won't be as firm.

These characteristics are achieved through a procedure called suspension tuning. "The rubber bushings, shocks, springs, stabilizer bars and tires can all be tuned to reach a specific target," says Vu Banh, ride and handling senior engineer at the Hyundai-Kia America Technical Center in California. "Depending on what's desired, if it's ride com-

fort or sporty handling, you can adjust these parts to reach that goal."

It takes about a year to do the job, which begins when engineers receive the first prototype of a new model. "We start tuning and get a rough setting for that one," Banh says. "Then we get another vehicle that's closer to the production car, and we'll put those (prototype) settings in, fix any issues, make more adjustments and continue refining as much as we can."

Computers are used extensively in vehicle design, but they're not as useful in suspension tuning, because they can't accurately simulate rubber. Tuning is a painstaking process of making adjustments and then driving the car to see how it feels, over and over again.

How it's done depends on the part. Shock absorbers contain hydraulic oil, and if internal valves are adjusted to different oil flow,



Engineers worked for a year to tune the Kia Rondo's suspension. JIL MCINTOSH

the shocks become firmer or softer. Engineers can use soft or hard rubber bushings, or different types of springs to achieve various results. Even the tires become part of the process.

"If we come up with a new shock setting, for instance, we'll possibly (use) a new tire," Banh says. "Then we'll work around that, going back and forth with the shock tuning until it meets the target."

Many new cars now have electric power steering, which

uses a motor in the steering column. Unlike hydraulic systems, which use pumps to regulate fluid flow, the motor can be tuned electronically. Engineers dial in the steering for more assist at lower speeds, such as when manoeuvring in parking lots, and less at higher speeds for easier control on the highway. They also aim for good "on-centre feel," where the car stays straight without the need for constant steering wheel correction.

Horoscopes

Aries

March 21 - April 20

Create something wonderful today. This can be one of the most productive times of the year for you, so get serious and get busy working on something that makes your world, and the world at large, a better place.

Taurus

April 21 - May 21

Whatever problems you may have with a relationship, you won't work it out by trying to force the other person to conform to your way of thinking. Try seeing things from their point of view.

Gemini

May 22 - June 21

The Sun's link to Jupiter in your sign today will help you to express yourself freely. It will also help you to get over some kind of falling out you had with a loved one.

Cancer

June 22 - July 23

Focus on the realities of your everyday situation and avoid any and all forms of wishful thinking. Above all, don't let others' negativity blind you. Life is a garden of delights but too few people see it that way.

Leo

July 24 - Aug. 23

You will come out on top today, especially if you focus on things you are good at, things you really enjoy. You will enjoy them more if some people say you should not be doing them.

Virgo

Aug. 24 - Sept. 23

Moderation is a must today, especially if you are one of those Virgos who tends to get carried away when they find something they really enjoy.

Libra

Sept. 24 - Oct. 23

The Sun close to Jupiter in one of the best areas of your chart means you will have a thoroughly good day. Do a bit of travelling, even if it's only to the corner store and back.

Scorpio

Oct. 24 - Nov. 22

Your taste for the good things in life could lead to you spend too much today but in the greater scheme of things, it's no big deal. Retail therapy could in fact be just what you need to cheer you up.

Sagittarius

Nov. 23 - Dec. 21

Jupiter, your ruler, links with the Sun in the partnership area of your chart today, making it easier for you to compromise with people you don't always see eye-to-eye with. Don't compromise too much though.

Capricorn

Dec. 22 - Jan. 20

Don't limit the goods deeds you do to people you know. Help those you encounter in daily life too, even if they are total strangers. Your generosity will have a knock-on effect that touches so many lives.

Aquarius

Jan. 21 - Feb. 19

Life is good and getting better by the hour, the day, the minute. Creatively and romantically you are in such a positive mood that you attract people and situations that bring thrills aplenty. Lucky you.

Pisces

Feb. 20 - March 20

At home and work, people will want to do things for you today, and if you are smart you will let them. You'll feel good about it, they'll feel good about it. **SALLY BROMPTON**

Weather

TODAY

THURSDAY

FRIDAY



MAX: 26°
MIN: 14°



MAX: 24°
MIN: 15°



MAX: 22°
MIN: 18°

JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



LOOKING FOR A NEW CAREER?
WE CAN HELP!
Healthcare Aides
are in High Demand!
Start Training Now!
(Next course starts July 23)

NORTH 77 Redwood Ave 582-9400
SOUTH 297 St Mary's Rd 478-8884
www.academyoflearning.com



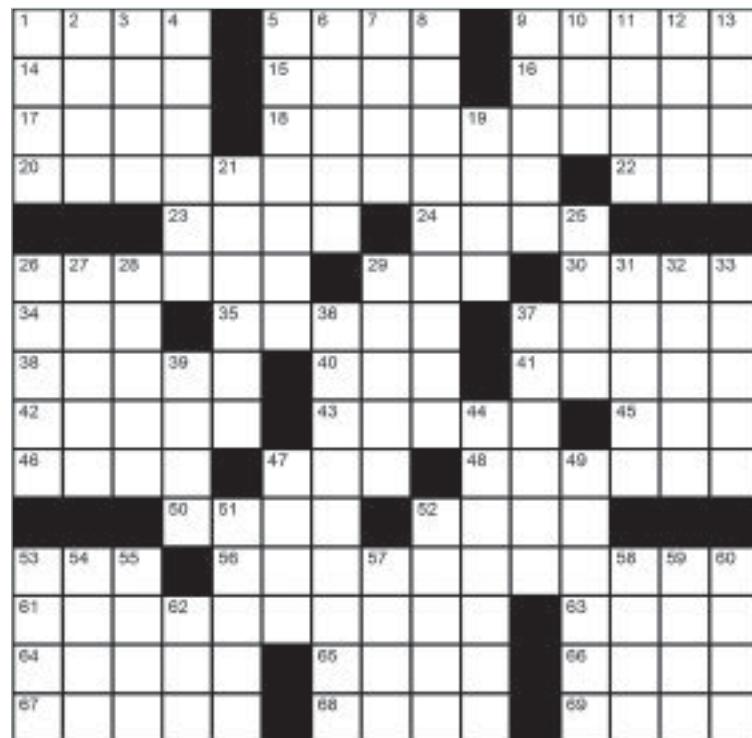
NEED
COOL
DESIGN
TIPS?
Read
metrohome
every
Thursday.



lavalife[®]
VOICE
Where Fun...Meets Adventure
204.967.3222
Toll Free 1.866.348.5282
LAVALIFEVOICE.COM



Crossword: Canada Across and Down



Across

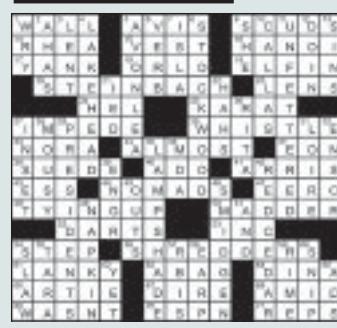
1. Not hungry anymore
5. Bully in "Back to the Future" (1985)
9. University in St. Catharines, ON
14. Moulding type
15. Crown for Carrie
16. Adversary
17. Actor Mr. Bates
18. Driveway emporium: 2 wds.
20. Summertime in The Arctic: Land of the __: 2 wds.
22. Author, Harper __
23. Early afternoon, __ 'clock
24. Letters before // www
26. Uses a charge card
29. Speech-maker's stumbles
30. God
34. That guy
35. "___ humid out." (Weather complaint)
37. Less
38. Go __ for the ride
40. Bathroom feature
41. Employee's request
42. "I also want that!" : 2 wds.
43. Director Mr. Hallstrom
45. Thwarter's word
46. Eve's environment
47. Mr. Bachman
48. Nova Scotia attraction, __ Cove
50. Hawaiian island
52. Roaddie's gig
53. Surnamesakes of Canadian actress Sandra
56. Social event open to the public that's hosted annually by the Lieutenant Governor of Nova Scotia: 2 wds.
61. What convenience
65. What convenience

58. Stores are called in Quebec
63. Canadian __ (Chain store)
64. Canadian rapper/actor
65. Roman emperor
66. David Bowie's supermodel wife
67. Actress Ms. Rue's

68. Czar's other spelling
69. Snake sorts
70. Down
1. Fizz
2. Sort of fruit
3. Guide
4. McCartney's co-

5. Larger than the rest
6. American state
7. __ Simpson, NWT
8. Sudden shows-in-public-places groups: 2 wds.
9. Actor Mr. Spiner
10. __ for Regina
11. Long circle

Yesterday's Crossword

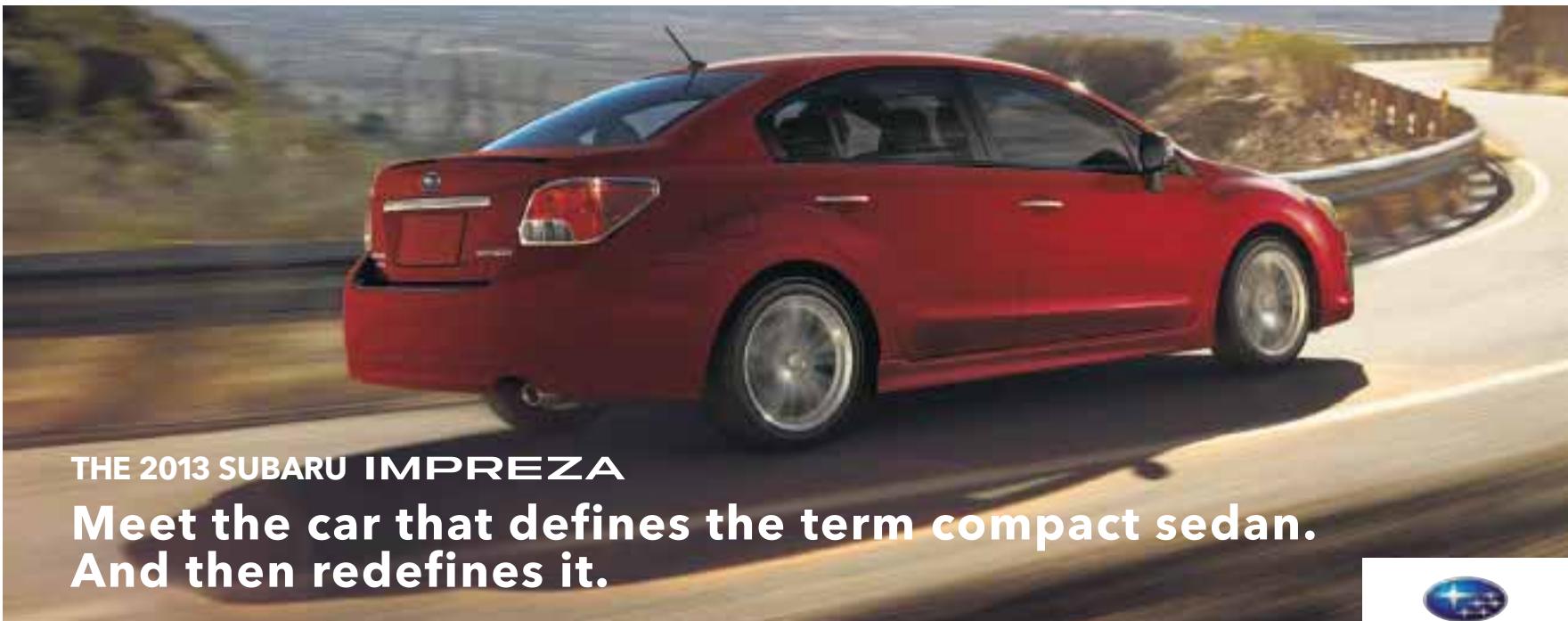


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku





THE 2013 SUBARU IMPREZA

Meet the car that defines the term **compact sedan**.
And then redefines it.



With 240 litres of cargo room, IIHS top safety ratings, and symmetrical full-time All-Wheel Drive, the Impreza redefines the compact sedan. In fact, it creates its own new category.



Staying Connected

Bluetooth® mobile phone connectivity is standard on all Impreza models. All models also have a MediaHub with Bluetooth® streaming audio, allowing connection to an iPod® or USB.



SUBARU BOXER Engine

2.0L, horizontally opposed 4-cylinder engine producing 148 hp; choice of manual or optional Lineartronic® CVT automatic transmission.



2013 IMPREZA
WELL EQUIPPED FROM
\$19,995*

**SYMMETRICAL
AWD**

AVAILABLE AS A 4-DOOR SEDAN OR 5-DOOR HATCHBACK

subaru.ca

*Fuel consumption figure rating posted by Natural Resources Canada of 5.5 L/100 km (highway) for a 2013 Subaru Impreza equipped with continuously variable automatic transmission and a 55 L fuel tank capacity. Fuel consumption figure should only be used for vehicle comparison purposes. Actual fuel consumption will vary based on driving conditions, driver habits and vehicle load. [▲]Ratings of "Good" are the highest rating awarded for performance in four safety tests (moderate overlap front, side, rollover and rear) conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). To earn a 2013 TOP SAFETY PICK, a vehicle must receive a "Good" rating in all four of these tests. *MSRP of \$19,995 on 2013 Impreza 2.0i 4-door (DF1 BP). MSRP excludes Freight & PDI of \$1,595. Taxes, license, registration and insurance are extra. \$0 security deposit. Model shown is 2013 Impreza 2.0i Limited Package (DF1 LP) with an MSRP of \$26,895. Dealers may sell for less or may have to order or trade. Offers applicable on approved credit at participating dealers only. Vehicle shown solely for purposes of illustration, and may not be equipped exactly as shown. See your local Subaru dealer for complete program details.



2537 PEMBINA HWY.
204-944-6604
frontier.subarudealer.ca



JULY 8, 2013

BIG SAVINGS AT SUBARU!



**2010
Subaru
Legacy
AWD**
PRICED TO CLEAR
\$16,646

Air, PW, PL, heated seats. Balance of factory warranty!
Stk. #13309B



**2009
Subaru
WRX AWD**
PRICED TO CLEAR
\$22,845

Lease return, safetied & reconditioned. Only
81,000 kms. Stk. #92790



**2009
Subaru
Impreza
AWD**
3 AVAILABLE FROM
\$12,999

Local lease return, MT, air, PW, PL, low kms.
Stk. #92740